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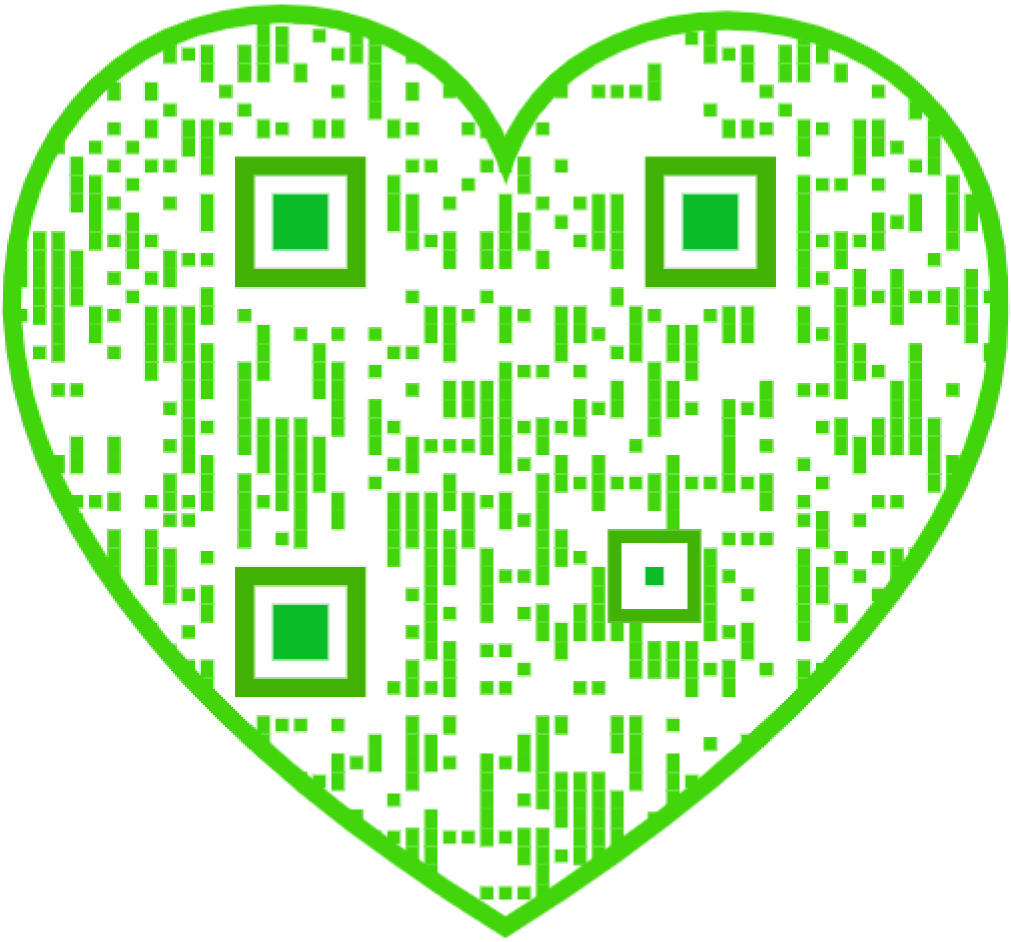

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this week in bella

5IVE ARE BACK!

The iconic noughties boyband are on tour again after 25 years

Known for hits including *Keep on Movin'* and *If Ya Gettin' Down*, legendary boyband 5ive are reuniting for the first time in 25 years. All five members – made up of Abz Love, 45, Ritchie Neville, 45, Scott Robinson, 45, Sean Conlon, 43, and Jason 'J' Brown, 48 – will be heading out on tour, opening in Brighton on 31 October.

The celebrated reunion has been a long time coming and started with secret Airbnb meetings. Scott says, 'The whole idea was to meet as friends and from the moment we saw each other it was magical. It sounds like a cliché, but it was a special moment. We spoke, we laughed and we cuddled.'

Formed back in 1997 by the very same management team who brought us the Spice Girls, 5ive quickly topped the charts – landing a whopping 11 Top 10 hits and four Top 10 albums, before splitting in 2001.

Addressing their upcoming tour, Scott added, 'This has been a long time coming and it really does feel right for all of us now – 25 years on and we're so ready for it. Reconnecting over the last year has been special, and I know I speak for all the boys when I say we can't wait to do this all over again.'

Neither can we!

P25
P46
P29
P38
SKY
HIGH
MUM

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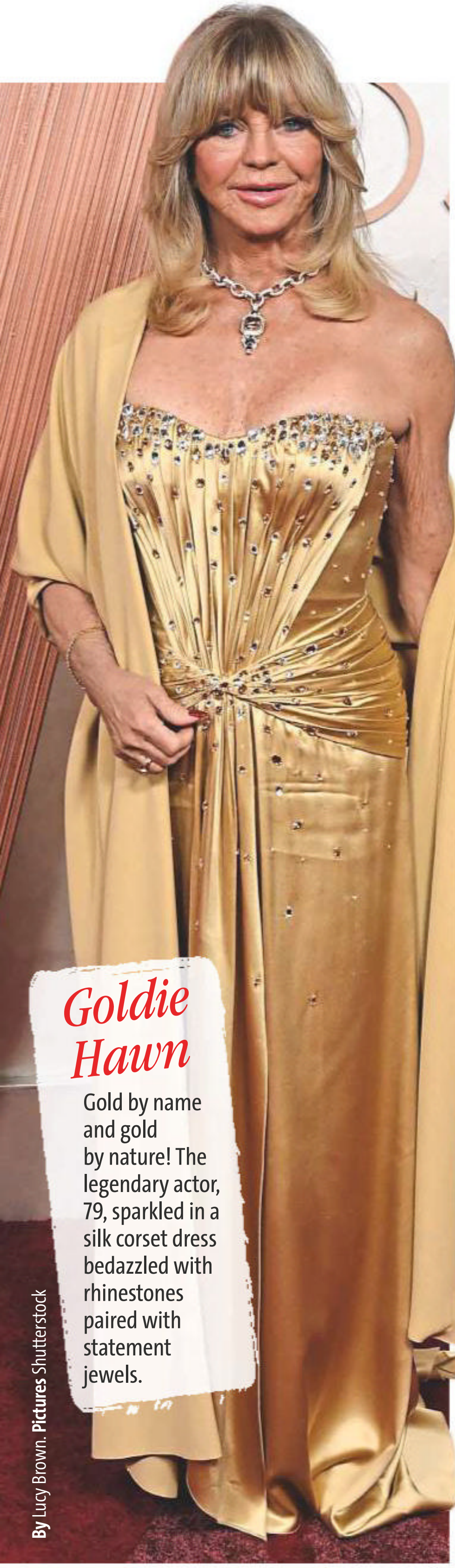
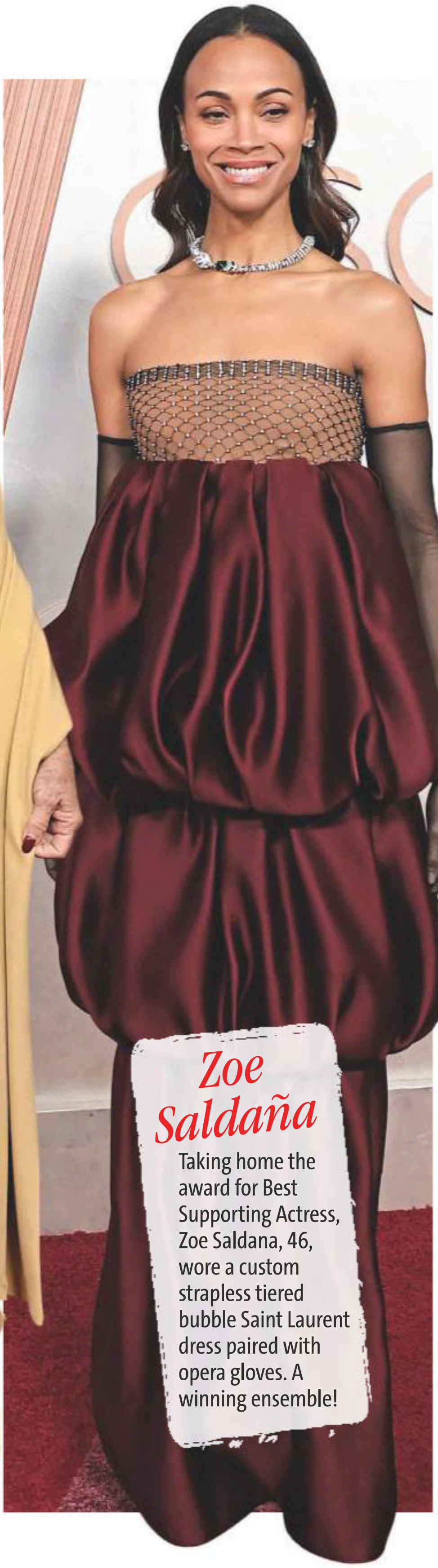
By Lottie Roberts **Pictures** Shutterstock, Alamy **Cover pictures** Splash News, Backgrid, Imago

The Oscars



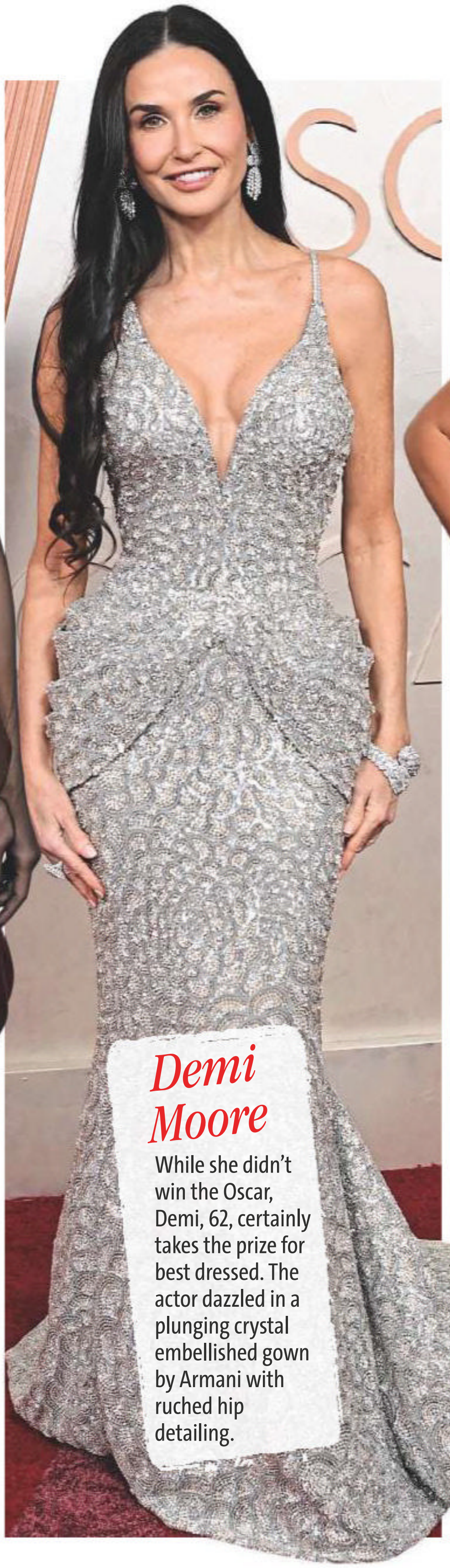
Goldie Hawn

Gold by name and gold by nature! The legendary actor, 79, sparkled in a silk corset dress bedazzled with rhinestones paired with statement jewels.



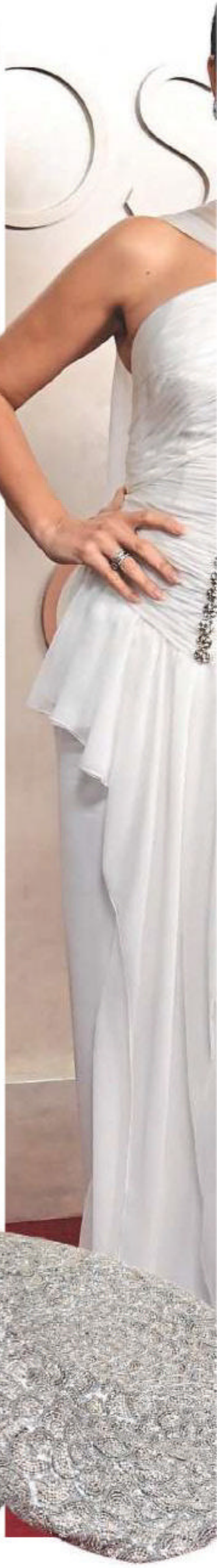
Zoe Saldaña

Taking home the award for Best Supporting Actress, Zoe Saldana, 46, wore a custom strapless tiered bubble Saint Laurent dress paired with opera gloves. A winning ensemble!



Demi Moore

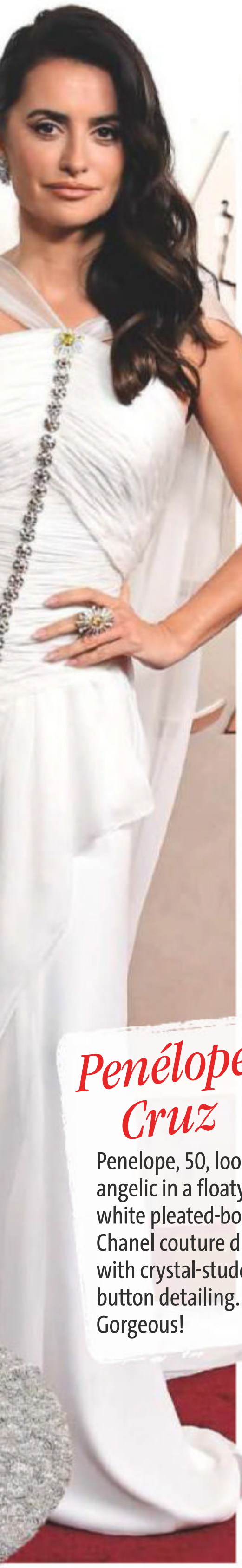
While she didn't win the Oscar, Demi, 62, certainly takes the prize for best dressed. The actor dazzled in a plunging crystal embellished gown by Armani with ruched hip detailing.



By Lucy Brown. **Pictures** Shutterstock

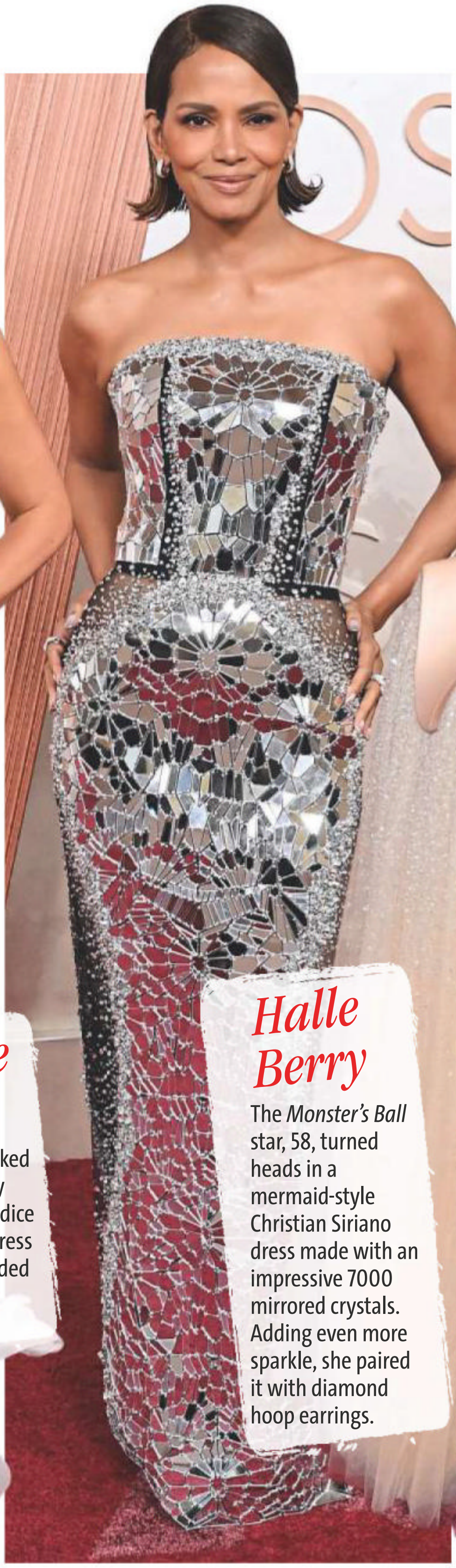
2025

The stars oozed glamour on Hollywood's biggest night



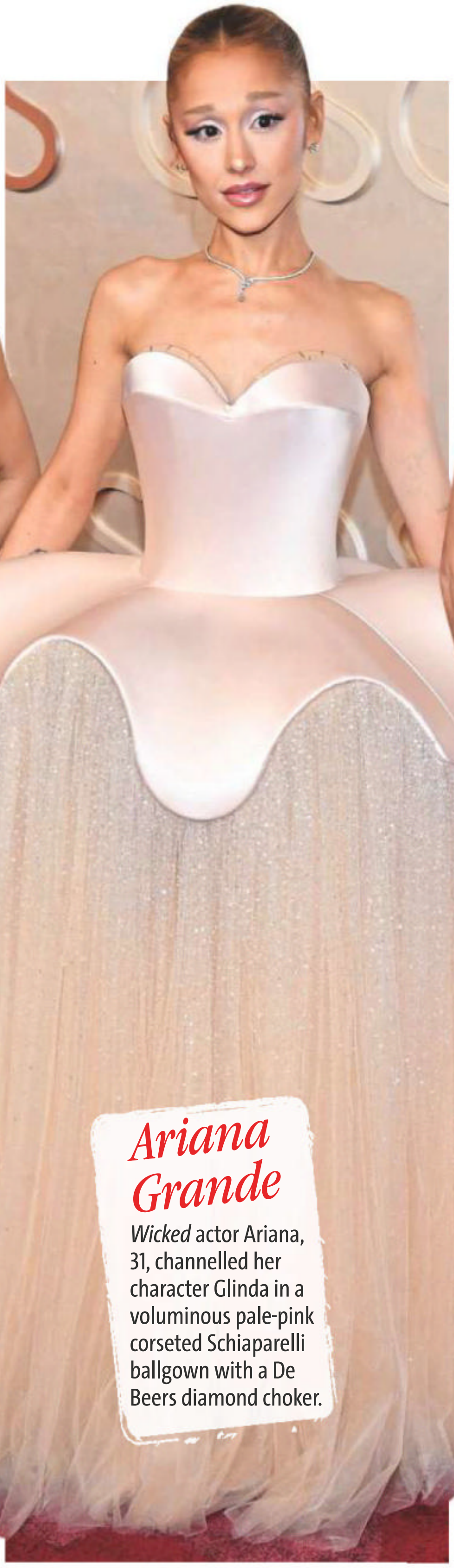
Penélope Cruz

Penelope, 50, looked angelic in a floaty white pleated-bodice Chanel couture dress with crystal-studded button detailing. Gorgeous!



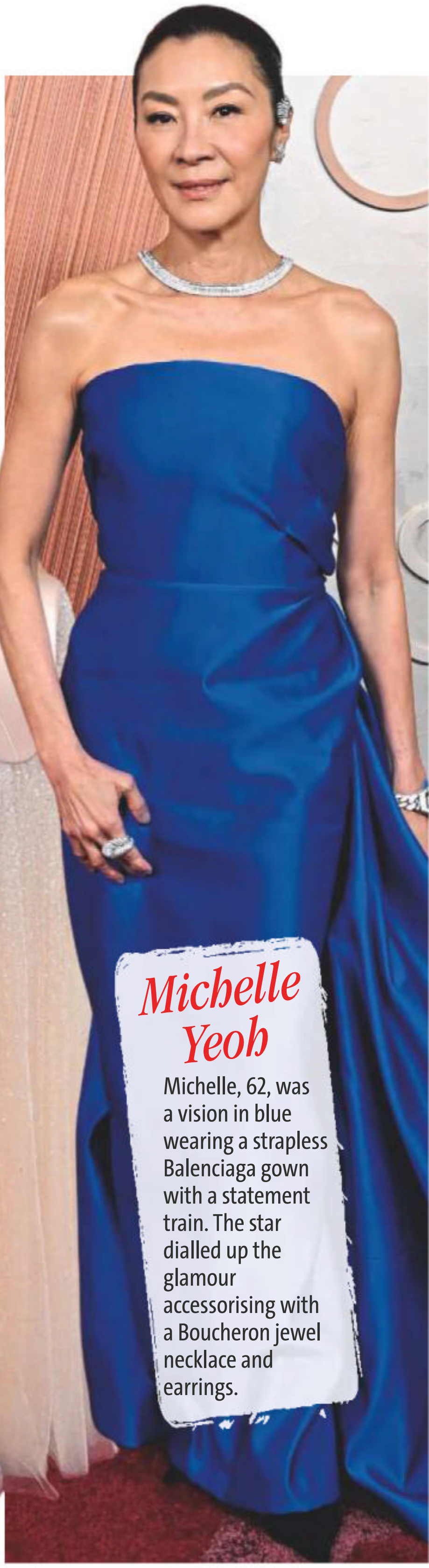
Halle Berry

The *Monster's Ball* star, 58, turned heads in a mermaid-style Christian Siriano dress made with an impressive 7000 mirrored crystals. Adding even more sparkle, she paired it with diamond hoop earrings.



Ariana Grande

Wicked actor Ariana, 31, channelled her character Glinda in a voluminous pale-pink corseted Schiaparelli ballgown with a De Beers diamond choker.



Michelle Yeoh

Michelle, 62, was a vision in blue wearing a strapless Balenciaga gown with a statement train. The star dialled up the glamour accessorising with a Boucheron jewel necklace and earrings.

CELEB NEWS & GOSSIP

Secret wedding

Georgia 'Toff' Toffolo is married! The *Made In Chelsea* star, 30, eloped to Scotland with Brewdog founder James Watt, where they tied the knot in a coastal village in Aberdeenshire. 'James and I got married today. 1 March will forever be the best day of my life – the day I became your wife,' she said as she shared photos of their nuptials. She later added, 'So relaxed and happy. We really did it our way! To our family and friends who aren't with us, we will celebrate with you soonest. I can't believe it.' Guests were given 48 hours' notice. The couple later posed together on a fishing boat in a tribute to his late fisherman dad.

MAURA AND DANNY'S 'DRUNKEN KISS'

The ex-*IAC* stars shared a close moment at the BRITS after-party

Former jungle campmates Maura Higgins and Danny Jones appeared to enjoy a flirty peck as they partied into the early hours after the Brit Awards. The married McFly guitarist – the reigning King of the Jungle – was spotted giving the *Love Island* star a quick kiss at Universal Music's star-studded party in London.

'Danny and Maura seemed to be having a great time. They were talking and laughing for ages. They looked like they had a brief drunken kiss,' an onlooker said to *The Sun*.

The pair, who were both on last year's series of *I'm A Celebrity*, sat at different tables at the Brits earlier that night before reuniting at the after-party. Danny, 38, was with his McFly bandmate Tom Fletcher, but switched his attention to Maura when she went over. 'Danny appeared to be giving Maura advice and at one point he put his arm around her shoulder,' a guest said. 'Maura also laid her head on Danny's shoulder as they talked with friends. They sat down at a table together and then met their jungle campmate Oti Mabuse.'

The pair were later filmed appearing to have a brief kiss as they walked into the foyer around 3am – before heading to another after-party together. The incident left fans shocked. 'Oh Danny, why?' one said, with another adding, 'Danny man, why did you do this?'

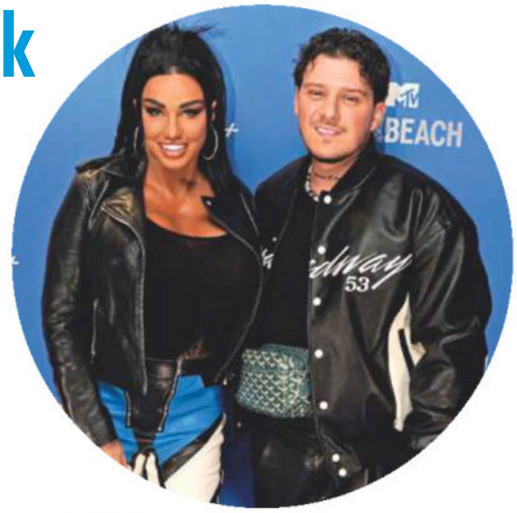
Danny has been married to model and podcaster Georgia Horsley, 38, with whom he shares son Cooper, seven, since 2014, while Maura, 34, is single after splitting from *Strictly* star Pete Wicks earlier this year.

Bella has contacted reps for Danny and Maura.

PIERS'S GMB RETURN

Almost four years after he sensationally quit *Good Morning Britain*, Piers Morgan was back on the famous sofa – this time as a guest. The outspoken broadcaster, 59, made a surprise return to the show, where he was reunited with his former telly wife Susanna Reid, who initially snubbed an offer of a hug. 'It's been nearly four years (1453 days to be precise) since I departed *GMB* rather hastily... but for the first time, I'm going back,' he revealed on the eve of his comeback. Piers walked out of the show in March 2021 after a row with weatherman Alex Beresford over Meghan Markle.

Fresh heartbreak for Katie



Katie Price has opened up about her 'devastating' miscarriage. The reality TV star, 46, learned that she had lost the baby last month after she fell pregnant with boyfriend JJ Slater, 31. 'It's been devastating,' she said. 'I was just really sad because we went from joy and relief that I could get pregnant naturally, to confusion, heartbreak and sadness.' Katie – who has Harvey, 22, Junior, 19, Princess, 17, Jett, 10, and Bunny, nine – added she hopes to have a sixth child.

By Shereen Low, **Pictures** PA, Getty, Instagram, Shutterstock

King's new pet

King Charles has welcomed a new addition to his home – a dog. The monarch is said to be 'besotted' with latest family member Snuff, a truffle-hunting spaniel from the Italian Lagotto Romagnolo breed after receiving it as a private gift last month. 'Charles is besotted with his puppy. Charles enjoys mushroom foraging, so they have a lot in common,' an insider said. Snuff is Charles's first new dog in more than two decades, and comes just days after Queen Camilla revealed she has adopted a rescue puppy named Moley. 'I've just got a new puppy, he's eight weeks old. It looks just like a mole,' she said.

WEEK IN PICS

Bloomin' lovely

Former Little Mix singer Jesy Nelson revealed her baby bump while on a weekend away in Kent. The 33-year-old star, who is expecting twins with partner Zion Foster, announced her pregnancy in January, saying she was 'eating for three'. No doubt some pool time was much needed!

Hannah's mini-me

Actor Hannah Waddingham, 50, has been immortalised as a Barbie doll for International Women's Day. 'Being named a Barbie Role Model is an incredible, unexpected honour. My ever present inner eight-year-old self really can't quite believe it,' she said.

Jill in Paris

Jill Halfpenny enjoyed a romantic break in Paris with her new man Ian McAllister. Sharing photos of their holiday, the 49-year-old actor said, 'Bits of Paris. Flea markets, lots of food and lots of walking.' She also revealed how the marketing exec has helped her overcome grief from losing partner Matt Janes in 2017.

Exclusive

'Eamonn needs to watch out!'

Inside Ruth's fight to get the house – and the dog

As her divorce battle from husband Eamonn Holmes' rages on, Ruth Langsford is determined to come out on top – but that requires a powerful lawyer, and powerful lawyers cost money. As a result, Ruth is putting in the hours at work in order to ensure that she has the best chance of success further down the line.

She's been working hard on her QVC clothing range (and plugging the items on her social media), as well as regular appearances on *Loose Women* and teaming up with brands like Tesco on her Instagram page.

Insiders tell *Bella*, 'Ruth is throwing herself into her work – she's going to another level. She's got a big divorce to pay for and she wants to get it over with, but divorces cost money and she wants to make as much cash as she can. So she's working morning, noon and night, designing new ranges for QVC. She's really going for it.

'Ruth knows a divorce costs a lot of money, so she wants to work as much as she can while she can. She knows that this is her time to shine and she's got to make the most of it. She's launching and building the Ruth Langsford empire so Eamonn had better watch out, she means business!'

Having reportedly hired divorce lawyer Catherine Costley, who apprenticed under Baroness Fiona Shackleton, the woman who represented King Charles during his split from Princess Diana, Ruth, 64, appears set on being ruthless when it comes to splitting her and Eamonn's assets. She reportedly filed for divorce after discovering messages between Eamonn, 65, and another woman on his laptop – something neither Eamonn nor Ruth have publicly addressed – and now seems determined to get what she feels is rightfully hers.

Speaking last month about the end of her 14-year marriage to Eamonn, the *Loose Women* presenter admitted, 'Relationship breakdowns are very difficult, but you deal with it and have to move on. You can let yourself crumble or you pick yourself up and get on with life. It's a choice.'

And in addition to her work, Ruth has been making sure to enjoy herself too. She's regularly been pictured out partying with friends like Rylan Clark and Lizzie Cundy in London's Soho, enjoying the new free time she has.

'Ruth is going for it'

For his part, Eamonn – who shares son Jack, 22, with Ruth and is also dad to Declan, 35, Rebecca, 33 and Niall, 31 – is moving on from Ruth, thanks to his relationship with counsellor Katie Alexander. The pair were first linked prior to Eamonn's divorce

Ruth is working hard to come out on top

Eamonn and Ruth adopted Maggie in 2011

Eamonn and Katie on a date night earlier this month

The former couple during happier times

being made public, after meeting through social media in 2015, and are still going strong despite their 22-year age gap.

And it's not just Ruth who is keen to finalise her and Eamonn's separation. Katie, 43, and Eamonn are also eager for the divorce proceedings to be over so they can take the next step in their relationship and tie the knot.

'Katie is desperate to get married – she wants to move in with Eamonn and for his divorce to get going. But they still haven't got the finances sorted between him and Ruth and how they're going to be split,' the insider explains. 'It's very tricky. They have to get this sorted before Katie can be with Eamonn full-time. She's in it for the long haul and wants to be with him and have a ring on her finger.'

> 'Katie is in for the long haul'

Ten months on from their split announcement, Ruth has a new lease of life thanks to her fun nights out and glamorous makeovers. And with that has come a new strength, as well, no doubt, as some fury at the circumstances she's found herself in. This all means that she's very determined to get everything that she's entitled to.

Wanting to stay in their £3.5 million marital home in Surrey, which Eamonn vacated shortly before the details of their split were made public, Ruth has been making small, personal changes to the property – including the removal Eamonn's stair lift. The Irish broadcaster has reportedly needed the device since January 2023 after struggling with chronic back pain from slipped discs and a dislocated pelvis which has also left him requiring assistance, while walking, and multiple surgeries.

And not only does she want to keep the house, Ruth is also keen to gain full custody of their dog, Maggie, who she adopted with Eamonn in 2011. The Collie-cross is said to be like a second child to them. The source concludes, 'Eamonn is upset that Ruth has not let him see the dog – he actually posted an old video of the pet recently, which you can tell is a throwback as Maggie is now going grey. It's very similar to Ant McPartlin's divorce with Lisa Armstrong, it was all about the dog. Eamonn hasn't seen Maggie since he left the house and it's all he talks about at work.'

She's taking the dog!

By Daisy Hall, **Pictures** Alamy, Shutterstock, Backgrid, Instagram

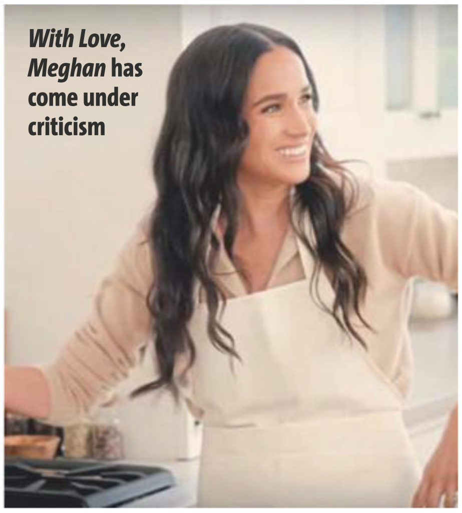
Exclusive

‘A Sussex family trip to the UK – BUT NO ROYAL REUNION’

Harry and Meghan are planning to return this summer with the children

With Archie and Lilibet

Amid the controversial launch of her new Netflix lifestyle show, Meghan Markle is busying herself – alongside husband Prince Harry – with other plans, which may even include a UK comeback this summer. With a crucial court case scheduled in their ongoing security discussions with the UK’s Home Office in London next month, a favourable outcome could see the Duchess of Sussex, 43, spending significantly more time in Britain and Europe with her husband and their children.



With Love, Meghan has come under criticism

Prince Harry, 40, is expected to travel to London on 8 April as the couple push to regain access to publicly-funded security while in the UK. If the legal challenge is successful, it will pave the way for both Meghan and Harry to re-establish a more regular presence on British soil, something sources say the Sussexes are eager to do.

‘There is a completely different plan on the backburner if they [the Sussexes] win the security case,’ said the source. ‘There are events and meetings planned related to the Invictus Games and other projects that the couple have been working on.’

However, both Harry and Meghan are keen to bring the children, Prince Archie, five, and Princess Lilibet, three, to the UK so that they can spend time with loved ones. According to the source, a key priority for the couple is reconnecting with family. Their first stop will be at Althorp, the Spencer family estate, where Harry’s late mother, Princess Diana, was laid to rest.

‘Relations remain strained’

The Sussexes have received invitations to spend Christmas with Diana’s brother, Earl Spencer, in recent years, but security concerns have prevented them from accepting. Resolving

Harry and Meghan's UK return could be imminent

Harry wants to visit his late mother's family

A reunion with the royals is unlikely

their legal issues would remove a significant barrier to rekindling these family ties.

'Harry and Meghan have wanted to spend the holidays with the Spencers at Althorp for the past few years, but it just hasn't been possible,' added the source. 'There are plans for Harry to make a trip there this summer and, if the Home Office reinstate their security, it will be a family trip.'

Beyond personal connections, Meghan is also keen on supporting the upcoming Invictus Games, the international sporting event for wounded veterans founded by Prince Harry.

With the Games scheduled to be held in Birmingham in 2027, the Sussexes plan to engage in a series of events leading up to the competition.

For Meghan, being able to participate fully in these activities makes resolving the security question all the more urgent. 'There aren't any plans for them to move to the UK full-time, but there is a plan in motion to spend the summer months in the UK and Europe,' said the source. 'The villa they purchased in Portugal will be completed later this year so that will give them a base in Europe to help facilitate everything else.'

> 'There are events planned'

The source adds that the couple are also in the early stages of house-hunting in the UK, with plans to secure a residence as soon as their security issues are resolved.

While Frogmore Cottage, formerly their official UK home, is no longer available after King Charles requested they vacate the property, the Sussexes remain interested in establishing a base in Britain. Whether they will be welcomed back into the royal fold, however, remains uncertain.

Relations between Harry and Meghan and senior members of the royal family, particularly King Charles and Prince William, remain strained.

'Let's just say there won't be a reunion with the royal family,' said the source. 'Rebuilding a relationship with the King will be an ongoing focus but that won't be extended to some other members of the family. Any trip the Sussexes make to the UK will be for their own interests.'

While the Sussexes aim to spend more time in the UK, they are also expanding their European presence. Construction is nearly finalised on a luxury villa in Portugal. The completion of the building later this year is expected to coincide with the outcome of the Sussexes' UK security case.

'If the ruling is in their favour, they [Harry and Meghan] will have the flexibility to split their time between Montecito, the UK and Portugal,' said the source.

It will no doubt be a welcome distraction for the couple if they could make it to the UK and see loved ones.

As soon as her new show, *With Love, Meghan*, was launched last week, she faced a barrage of criticism for the breezy lifestyle show. Her tips for adding sparkling water to eggs to make them fluffy and dotting a fruit platter with flowers for children seemed to enrage some online commenters, who branded the show 'worse than they could ever imagine', 'baffling' and 'out of touch' considering wider problems in the world at present. A trip to see some of Harry's more out-of-the-limelight family may be just the tonic!

By Nathan McKay, **Pictures** Getty, Netflix, Backgrid

Meet the celeb

Kate: 'I've only made two cakes in my life'

While she impressively came fourth in *I'm A Celebrity* in 2019, Kate Garraway reveals her limited experience with sweet treats may put her at a disadvantage on *Bake Off*. The *GMB* presenter, 57, admits, 'The only two cakes that I've made in my life are a Christmas cake and a cake I made and decorated for [2015 winner] Nadiya Hussain.' Kate adds, 'When she tasted it, she looked at me and she said, "I can totally tell this has been made with love." That means it's dreadful, doesn't it?'

However, the self-confessed 'enthusiastic' baker hopes to do her kids Darcey, 18, and Billy, 15, proud. 'I love *Bake Off*. And Darcey, particularly, is obsessed with it. It is her favourite show, bar none. It even beats *Love Island*,' she reveals. 'So when I said I was going on it, you'd have thought she'd be really happy. But she went, "Oh no Mum – not another show you are going to shame us on! Just don't embarrass us so much that it puts me off watching the show ever again."'

While she's not expecting to become a baking goddess overnight, Kate says, 'If I just get it cooked and don't poison anyone that will be a win for me!'

Roman: 'I have zero baking skills'

He may be able to rustle up ratings on radio and telly, but Roman Kemp has revealed that his abilities in the baking department leave much to be desired. 'I'm a good cook, I just don't bake. I have zero baking skills. And I'm doing this without any practice,' he says.

The 32-year-old broadcaster, son of Spandau Ballet frontman Martin Kemp and his wife Shirlie, admits he's quite the recipe rebel.

'I don't think measuring stuff is great, so I do it all by taste and eyes,' he reveals. 'I like things that I can change as I go along. With cooking you can do that, you can taste it and see where you're at. You can't really tweak a baking recipe.' The adventurous foodie has also suffered some kitchen disasters. 'I've blown up two microwaves in my time,' he admits.

But what Roman lacks in skill, he makes up for in enthusiasm. 'I love *Bake Off*! It's something that's always been a part of my household, ever since it's been on. As someone who does *Gogglebox*, the amount of *Bake Off* that we watch on that alone is incredible. So to actually be able to do it, to put on the apron, is really special.'

bakers!

We chat with some of this year's *SU2C Bake Off* stars

Meera: 'A Hollywood handshake is on my bucket list'

She may be an experienced baker, but Meera Syal isn't taking anything for granted when she steps into the famous tent. 'I do enjoy baking, and I bake quite a few cakes. Although I'm aware that, taking part in this, it might be more than cakes I am asked to bake. I just like feeding people. I'm a bit of a feeder, as my family keeps telling me,' she says.

Her favourite treats to make are lemon drizzle cake and brownies but the comedian and actress, 63, is aware that *Bake Off* will be a very different experience to baking at home.

'When I bake in my kitchen, I've got music on, I estimate things, I don't get in a flap if things go wrong. It's just not the same here,' she admits. 'I think the worst thing is the time limit. When you bake at home, it's ready whenever it's ready. But here, you're so aware that the clock's ticking.'

For Meera, winning a Hollywood handshake from judge Paul Hollywood would make her day. 'It would be another tick off the bucket list, along with going in the Tardis and visiting Frida Kahlo's house in Mexico City!'

Chris and Rosie: 'There'll be no mercy'

They may be a tag team when it comes to parenting their sons, but it'll be game on once Chris and Rosie Ramsey enter the *Bake Off* tent as they go head to head with each other. 'We both claim to not be competitive… but when Noel Fielding and Alison Hammond tell us to start baking, it'll be on! No helping out. No mercy!' Chris, 38, says. 'I think we will be competitive for a laugh but when the other needs help, we will help.' However, if one triumphs over the other, the bragging rights will last for a while. 'If one of us wins, we will mention it daily to the other for possibly a decade or two,' the comedian adds.

While Rosie, 38, does most of the cooking in their household, she admits her baking skills are 'basic' while Chris's are 'non-existent'. 'I can't bake at all. I've never made a cake in my life. Rosie is a much better cook than me,' Chris admits. Rosie adds, 'I bake the odd cake with the kids every now and then. But I don't think that qualifies me as an expert.' The podcasting pair admit they aren't a dream team in the kitchen. Asked if they cook together, Rosie says, 'Absolutely not. We'd kill each other!'

- *The Great Celebrity Bake Off for Stand Up To Cancer starts on 16 March on Channel 4*

By Shereen Low, **Pictures** Channel 4, Love Productions, Mark Bourdillon

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T&Cs APPLY

Gemma's life was affected by her weight problems, and she panicked when her husband booked their first holiday with their son. She feared not fitting into an airplane seat. This kickstarted her weight-loss journey and, determined to slim down for the trip, she lost 7st.

Gemma used The Story People to share her summer transformation story, and you can too.

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scan me!

A woman has ranted online about a friend who is always running late – and some people replied saying she should end the friendship. *So we ask…*

Is it selfish to leave people waiting for you?

No

'It's a hard habit to break'

Deborah Riseley, 46, journalist

You'd never tell an overweight friend to 'just eat less' or a depressed one to 'just cheer up'. Likewise, chronic lateness is rarely as simple as 'just leave earlier!'. In fact, research suggests that regular latecomers tend to have higher anxiety and lower self-esteem than the more punctual. I doubt anyone would consciously *choose* to leave people waiting but it's a hard habit to break.

I was once so late to a dress-fitting that my friend said she regretted asking me to be a bridesmaid. I then left a whole christening waiting when the same friend made me godmother to her firstborn. Amazingly, we're still on speaking terms...

Sometimes disorganisation was to blame: missing car keys or discovering that the only bra that went under a dress was in the wash. At other times, social anxiety would leave me a teary mess, feeling wrong in outfit after outfit. 'Magical thinking' was also a factor. If an event was half-an-hour away I'd optimistically allow *exactly* 30 minutes, leaving no slack for traffic or parking problems. Psychologists also point to self-sabotage, subconsciously living down to your own low expectations of yourself.

Eventually, becoming a mum forced me to be better and taking up martial arts has also made me more disciplined and confident. Nowadays 'Deb Mean Time' generally runs just a *few* minutes behind 'GMT', but I still feel compassion for the truly tardy.

Yes

'Your time is no more important than anyone else's'

Britt Jones, 28, writer

The act of leaving people waiting for you is inherently selfish. While a few friends might be able to excuse your behaviour and tardiness a handful of times, there really is no excuse for putting people's thoughts and feelings on the back burner.

Sometimes being late does happen, and you should immediately notify the person or people you are due to meet of your updated expected time of arrival. But if you believe that people have nothing better to do than to sit and wait for you to turn up, what are you thinking? It's selfish.

Let's break this down in other aspects of our life – if you have a business meeting and you're late, it could be seen as unprofessional, rude, and it'll also force the meeting to run overtime. This will mean that employees will then be left to play catch-up with their work.

There are so many reasons as to why it's selfish to believe that someone else has nothing better to do than wait for your presence, but if I were to talk about them all, we would end up with a novel. Instead, I'll just say that your time is no more valuable or important than anyone else's.

SHARE YOUR VIEW ...with Bella online at **bellamagazine.co.uk** or on **facebook.com/bellamagazineUK**

By Paula Costas Pictures Shutterstock

‘I discovered my dying husband ha FIVE MISTRESSES’

When Kerstin Pilz, 61, found out her terminally ill husband was cheating, she was faced with the moral dilemma over whether to leave him…

Kerstin now

I glanced across the buffet and noticed a man looking at me. He then stepped towards me, bottle of wine in hand. ‘May I top up your glass?’ he said in a gorgeous Italian accent. ‘Yes please,’ I smiled. I was at an event giving a talk about a book I’d written and he was one of the guests. He was gorgeous. Over a drink, he told me his name was Gianni and he’d retired early, which meant he now had a jam-packed social life. I felt a stab of envy. I’d always put my career first, and while I enjoyed it, I was married to my job. I was in my early 40s, single and lonely.

Afterwards, life was so busy that I almost forgot about our encounter, but when I got a call two weeks later from him asking to take me for dinner, I was thrilled. I could feel the spark between us. ‘I want to spend every spare moment with you,’ Gianni told me when we went out. So, just two months later, we moved in together on a trial basis which soon became permanent. It was a whirlwind but it felt right. We began travelling the world by cruise, visiting 10 locations within a year, and Gianni made frequent trips back home to Italy whenever he could.

The couple in happier times

During one of our adventures, Gianni turned to me and said, ‘Do you want to be my wife?’ Without a moment’s pause, I replied, ‘Yes, yes and yes!’ In March 2008, three years after we first met, we got married on board a ship. It was magical. But in January 2009, Gianni discovered a pea-sized lump behind his right ear, and tests revealed it was cancer. It had spread to his lymph nodes and his lungs. He was told that treatment could prolong his life, but that was all. I burst into tears while Gianni sat there in stunned silence.

He later had an operation to remove 34 lymph nodes from his neck before having surgery on his lung. One day, we were in a shopping centre when he suddenly collapsed. When we got to hospital, Gianni had to give me his email password so that I could access his medical files to show the doctors.

Straight away, one email caught my eye… It was from a woman I’d never heard of and the subject line read, *Che Bella Donna*. It meant, *What a beautiful woman*. Because I didn’t know the sender, I knew she wasn’t talking about me. Not wanting to pry, I didn’t read the email. Later, Gianni was told his cancer had spread to his brain and it was why he’d collapsed. ‘It’s stage 4 now,’ the doctor said. We were devastated.

‘I burst into tears’

I became Gianni’s carer, and watching him fade away was horrific.

But in the days that followed, I couldn’t stop thinking about his emails. So, while Gianni was in hospital having an operation in February 2010, I plucked up the courage to go back and read them. *It was so lovely meeting you and Fabienne the other night. You’re the perfect couple*, a woman had written. As I typed Fabienne into the search bar to find out who she was, my world collapsed. The

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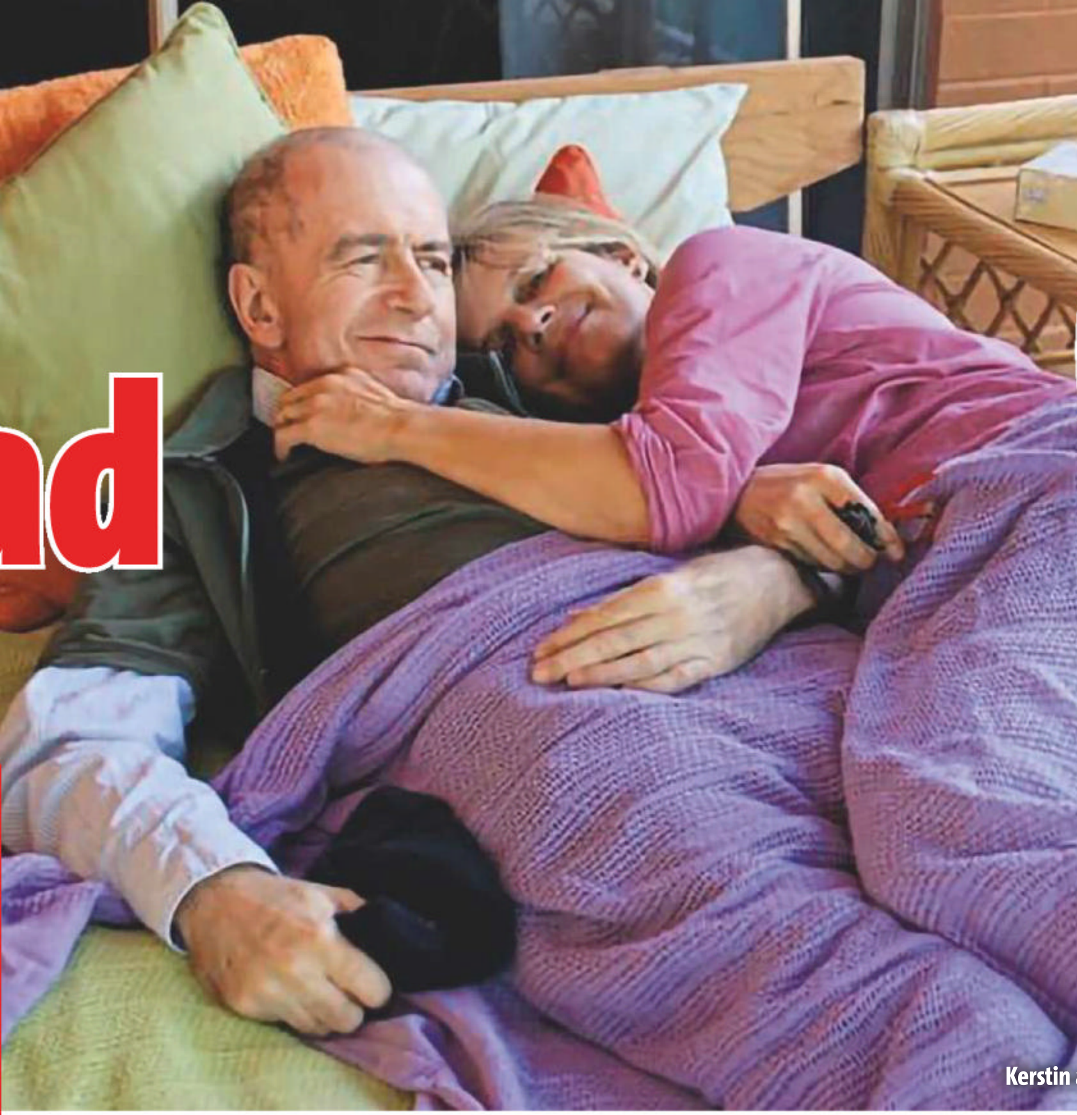


Kerstin and Gianni

On their wedding day

screen filled with hundreds of emails between her and my husband. The last one had been sent only three days earlier, and the first was from two years before I'd even met Gianni. From what they were saying to each other, it was clear they were more than just good friends. My husband had been cheating on me the whole time I'd known him. Our entire life together had been a lie.

And worse was to come… Further emails revealed that Fabienne wasn't the only one he was seeing. He had at least four other lovers and he'd even emailed some of them on our wedding night. It was clear Gianni had been visiting them when he was in Europe, and even during the trips when I was with him!

I had no idea what to do next. If Gianni had been well, I'd have divorced him without a second thought. But could I really leave a dying man? Next day, with my emotions all over the place, I collected Gianni from hospital. He'd been in for three weeks and was so pleased to leave that for a moment, I considered ignoring what I'd found. But I just couldn't pretend that everything was OK.

Instead, I wrote everything down in a letter to him, explaining what I knew. Then, with shaking hands, I gave it to him and watched as he began to read. Gianni was furious. 'It was your fault I cheated on you. And how dare you go through my emails!' he yelled. I was stunned. Then instead of asking for forgiveness, he said, 'Maybe you can find a new way of loving me. We tried the romantic fairy tale, so maybe we can try a mature form of love.' I was heartbroken.

We decided to have a month's break and, while I went to Thailand to think about forgiving him, I found out later that he'd visited at least one of his lovers while I was away. I was frustrated and angry, but also he was dying, and I didn't want to leave him. When we got home, we decided we needed to see our relationship through to the end. I started therapy and came to learn that Gianni had a narcissistic personality. It was hard facing up to the fact I hadn't really known him at all, but meditation and journalling helped me. As Gianni grew weaker, he no longer had the strength to care about his lovers, or anything but his declining health. Because I was with him all the time, his focus fell to me and he wanted to heal our relationship so that when his time came it would be a peaceful goodbye.

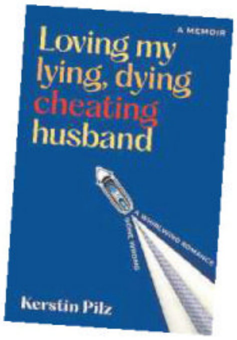
'We made it a fun service'

Being the only one who was with him every day, seeing him the way he was, was strangely intimate. It was still challenging at times, but in a way it brought us closer again.

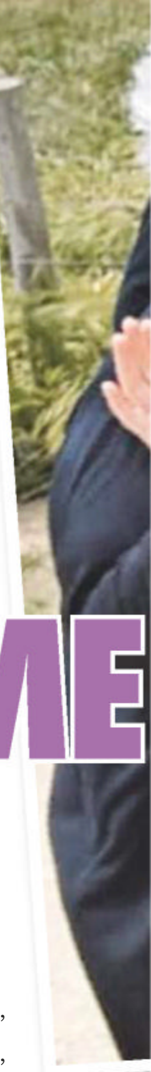
Then, on 1 January 2011, I was by his side as he passed away. He was just 60. Our neighbours and friends helped me put the funeral together and we decided to make it a fun service that focused on the good memories everyone had of him. The night before the funeral I drank a whole bottle of wine, found Gianni's diary where he kept his phone numbers, and called all of his mistresses. They were grateful that I'd let them know about his death, and I told them I forgave them. It ended up being a cathartic experience. They weren't able to get to the funeral at such short notice, but the community pulled together to make it a wonderful day. I hadn't told anyone about his affairs, so when I read out my eulogy I painted Gianni as the colourful, adventurous spirit he was.

Over time, I was able to let go of some anger and eventually got into another relationship. I refused to let Gianni damage my trust in people, but I've since learnt how to better communicate what I need and want. I had fallen apart, but I'd also picked myself up. Writing was healing for me, so now I hold writing and yoga retreats and my journals have inspired my memoir, *Loving My Lying, Dying, Cheating Husband: A Whirlwind Romance Gone Wrong*. Since my book was published, I've had messages from people around the world who have told me it's helped them through grief and pain. Helping others is so fulfilling. I want people to know there is light on the other side of darkness.

● *Loving My Lying, Dying, Cheating Husband by Kerstin Pilz, published by Affirm Press, is on sale now from amazon.co.uk, priced £10.99. Find out more at affirmpress.com.au*



By Safia Yallaoui and Brigid Auchettl. **Pictures:** Thea Bellos and Eric Wong/kerstinpilz.author@ Instagram



'After losing 10st, my school friends DIDN'T RECOGNISE ME'

When Lesley Lansley, 64, received an invitation, it gave her the kick she needed to transform her life

Walking through the front door, a little bundle came crawling over to me. Picking him up, we headed into the living room, where we joined my three other grandchildren on the play mat. I was so looking forward to babysitting them for the day.

We spent ages sat on the floor building towers out of LEGO, only, when I tried to get up, I struggled. My knees had gone... Eventually, on my third attempt, I was back up on my feet, but I felt breathless. *This is ridiculous, Lesley,* said the voice inside my head.

I'd been overweight for years. As a young girl, I was only ever a little bit podgy, but always bigger than my two sisters. It was when I became a mum of three, in my 20s, that the weight really started going on. Learning to drive meant I stopped cycling and drove everywhere. I worked full-time as a social carer and snacked on sausage rolls throughout the day.

After coming home to four other mouths to feed, I made whatever would go a long way. Bangers and mash, chicken curry and a Chinese takeaway were my favourite, but my portion sizes were out of control and I'd find myself snacking on an entire tube of Pringles while preparing tea as well.

After 23 years together, my husband and I divorced, and I went on to meet someone new. But as the years passed, my weight started taking its toll on my health. I suffered with asthma, I couldn't walk more than a few yards and I needed to wear knee supports. My joints couldn't cope with the amount of pressure my weight was putting on them. 'You'd need to lose a considerable amount of weight before you'd be considered for a knee replacement,' said my doctor. I'd tried dieting in the past, especially when I was left red-faced after needing a seatbelt extender on a flight. But I struggled to maintain the weight loss. I'd always dreamt of becoming a grandmother, but here I was, feeling like I was failing. At 22st and 5ft 7in, I was struggling to keep up with them.

Then in 2022, I was given the push I needed to change my ways for good. 'Here you go, mum,' said my son with a smile, handing me an envelope. Opening it up, I realised it was their wedding invitation. 'Oh, how wonderful,' I said. But soon, my feelings of excitement turned to dread. *What on earth am I going to wear?* I fretted. It was going to be a big wedding, and I was so nervous about standing out like a sore thumb in a room filled with gorgeous women in elegant dresses. And I knew that shopping for a size 26 dress was a stressful experience.

'I've got two months to lose some weight,' I said to my partner that night. I knew I wouldn't be able to lose much in that amount of time, but even if I lost a few pounds, it would be a start.

I joined Slimming World. Even though it was only a couple of streets away from where I lived in Portsmouth, I gave myself an hour and a half to walk there. Setting off, I became breathless only a couple of minutes in. I found myself stopping to sit on every bench I passed. *Keep going, Lesley,* I said to myself. When I arrived, everyone was so welcoming.

The following day, I made myself porridge with water, low-fat Greek yogurt and berries

Lesley's weight affected her health

She won Woman of the Year at her local Slimming World group three years in a row

BEFORE
22st 6lb
Size 26

AFTER
12st 6lb
Size 14

The dress she wore to her school reunion

for breakfast. For lunch I had mackerel on toast and for dinner I had a normal sized portion of homemade spaghetti Bolognese. I made sure to avoid the crisp aisle in the supermarket – I knew that if I saw a tube of Pringles, I wouldn't be able to resist, so instead, I started snacking on fruit and yogurt.

By the time the wedding rolled around in July 2022, I was two stone lighter. Although I felt proud of myself, I still felt enormous sat on the top table in my big yellow dress. We had the most wonderful time, but I felt so uncomfortable in what I was wearing. The scorching weather didn't help. As soon as the speeches were over, I took off my dress and slipped into a comfortable pair of leggings and a T-shirt. It was a shame, but it motivated me to keep going and, to my delight, the weight kept dropping off.

Before I knew it, my 90-minute walk to Slimming World only took me five minutes. I felt like a different person. By June 2024, I'd managed to lose a whopping 10 stone, and I stood proudly on the scales weighing a much lighter 12st 6lb.

A few weeks later I had my school reunion coming up and I couldn't wait to go dress shopping. As a size 14, there were so many more options for me. I settled on a lovely white floral dress that went in at the waist and was the first time I'd ever worn a dress like that. I felt amazing.

When I arrived, a handful of confused faces just stared at me. I realised they didn't recognise me! I was the lightest I'd been since I was 12 years old, so I wasn't surprised. 'It's me, Lesley,' I beamed. 'Wow!' they gasped. They were all staggered that I'd managed to lose so much weight and look so different.

Losing the weight has given me such a new lease of life. I'm now the grandmother my grandchildren deserve. I've got so much more energy, my asthma has improved and, although I'll still need knee replacements, I pushed the surgery back by a good few years by losing the weight.

My proudest moment to date was taking part in the Race for Life last year, in honour of my beloved sister who passed away from stomach cancer. Since then, I've joined a park run group and I also swim 100 lengths five days a week. To think, I hadn't even been in the sea for 10 years prior to this. I've also won several Slimming World awards including my group's Woman of the Year award three years in a row. There's no stopping this nanna now!

DIET BEFORE

BREAKFAST Porridge with milk or toast
LUNCH Ham and cheese sandwich on thick bread with crisps
DINNER Large portion of sausages and mash or a Chinese takeaway
SNACKS Crisps, chocolate, sausage rolls

DIET AFTER

BREAKFAST Porridge with water, low-fat Greek yogurt and berries
LUNCH Mackerel on toast
DINNER Homemade spaghetti Bolognese or homemade chicken curry
SNACKS Fruit and low-fat yogurt

By Lucy Laing and Paula Costas

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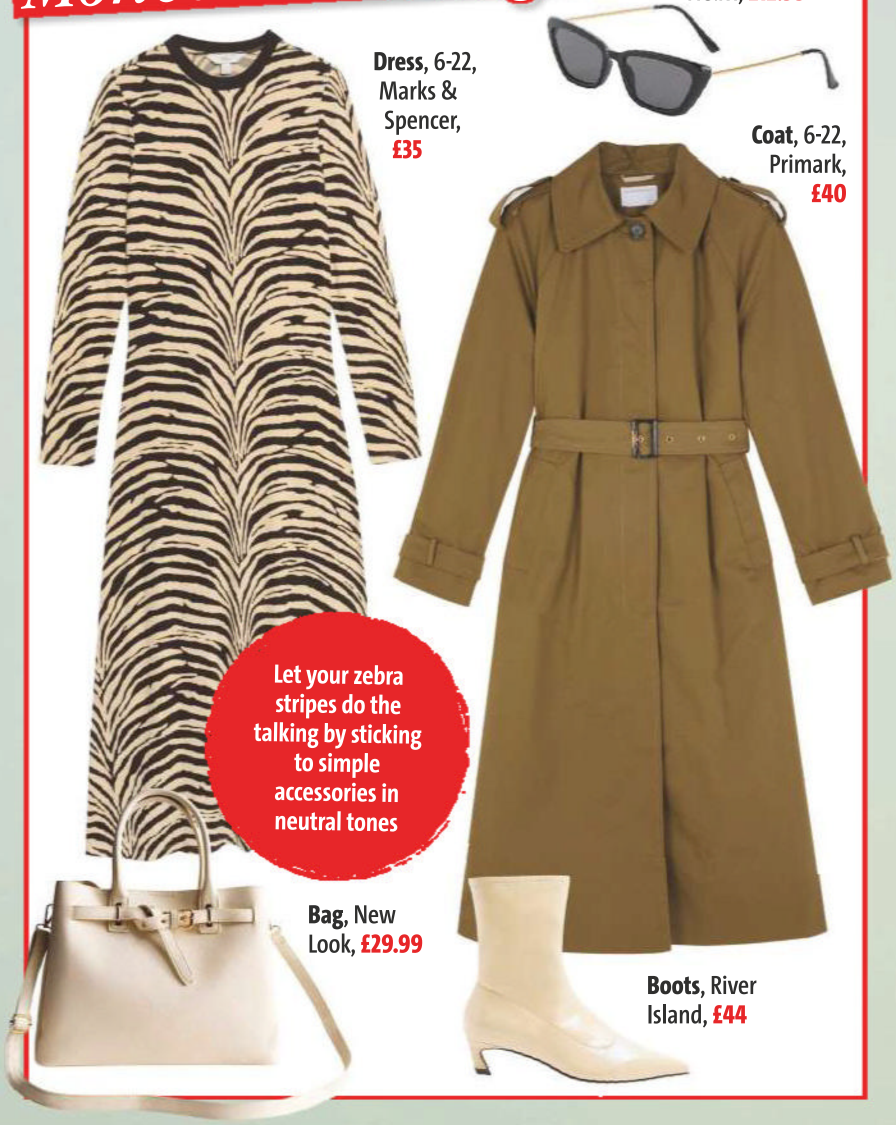


Sunglasses, H&M, **£12.99**

Dress, 6-22, Marks & Spencer, **£35**

Coat, 6-22, Primark, **£40**

Let your zebra stripes do the talking by sticking to simple accessories in neutral tones

Bag, New Look, **£29.99**

Boots, River Island, **£44**

Flower Power

Dress, 6-22, **£26**; **Bag**, **£16**; **Shoes**, **£10**, all Matalan

Team this bargain frock with a pair of metallic heels for a special occasion, or stick to sandals for off-duty style

PRINT PARTY

These eight patterns are here to spruce up your Spring wardrobe

Continued over the page...

Right Stripes

Skirt, 6-22, F&F at Tesco, £18

This classic shirt will work wonderfully with a pair of jeans during the weekend

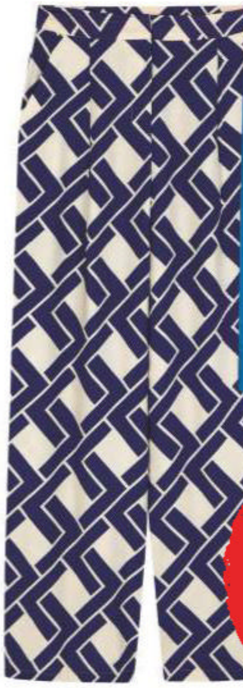
Shirt, XS-XXL, H&M, £22.99

Earrings, Stradivarius, £9.99

Jacket, 6-22, New Look, £29.99

Shoes, Mango, £49.99

Making Shapes


Trousers, 6-22, Primark, £14

Blouse, 8-24, George at ASDA, £12

Blazer, 6-22, Next, £44

Bag, Accessorize, £50

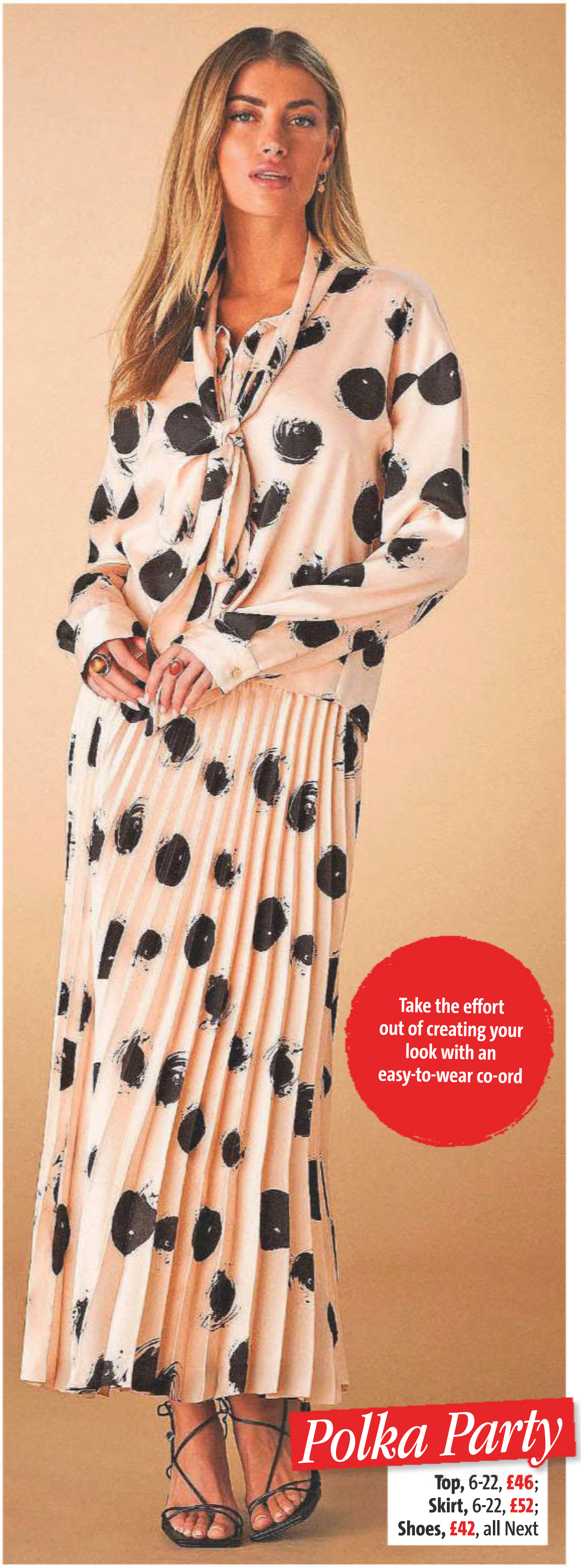
Geometric prints can add interest to your workwear

Shoes, Marks & Spencer, £45

Wild Thing

Blouse, 8-24, £16; **Trousers**, 8-24, £15, both George at ASDA

Leopard spots work brilliantly with just about any colour!

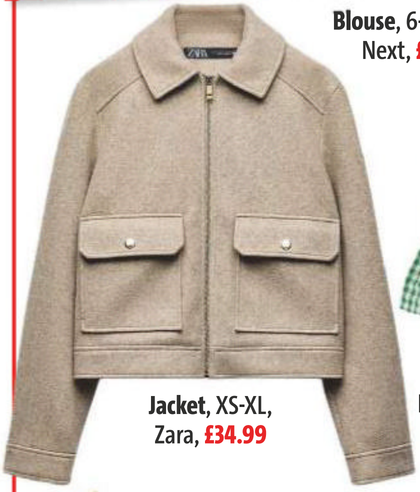


Take the effort out of creating your look with an easy-to-wear co-ord

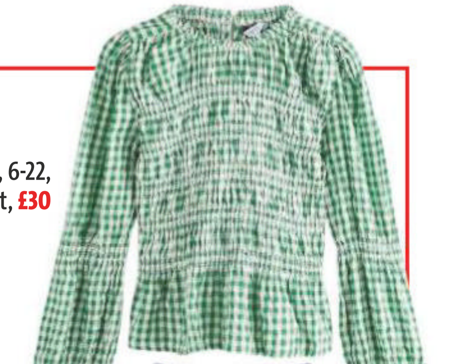
Polka Party

Top, 6-22, £46;
Skirt, 6-22, £52;
Shoes, £42, all Next

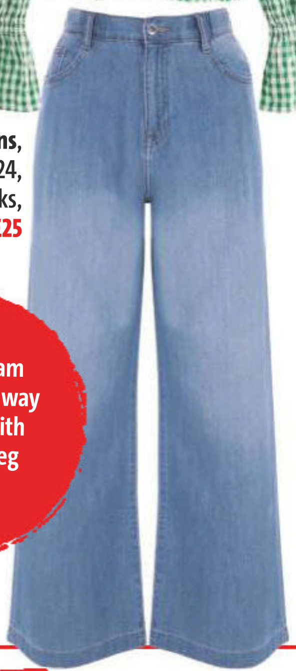
Check Mate



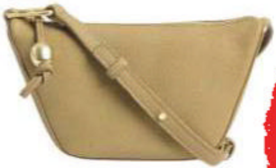
Jacket, XS-XL, Zara, £34.99



Blouse, 6-22, Next, £30

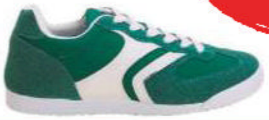


Jeans, 8-24, Peacocks, £25



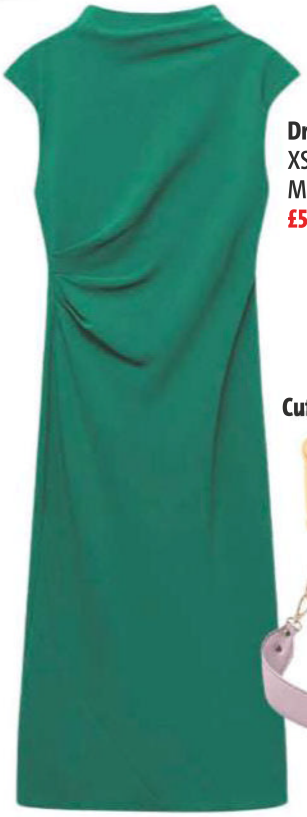
Bag, Marks & Spencer, £19.50

Wear gingham the grown-up way by pairing with luxe wide-leg jeans

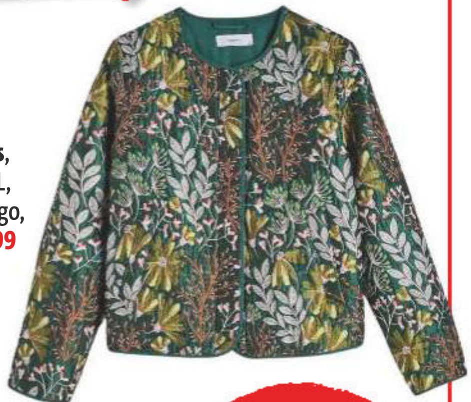


Trainers, Peacocks, £20

Botanical Beauty



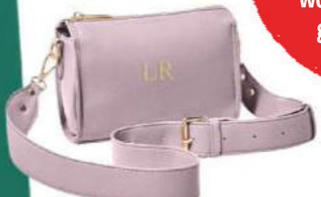
Dress, XS-XL, Mango, £59.99



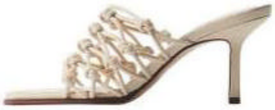
Jacket, XS-XL, Reserved, £49.99

Cuff, Bohomoon, £35

Leaf motifs are a great alternative to traditional florals – especially when worn with grassy green shades

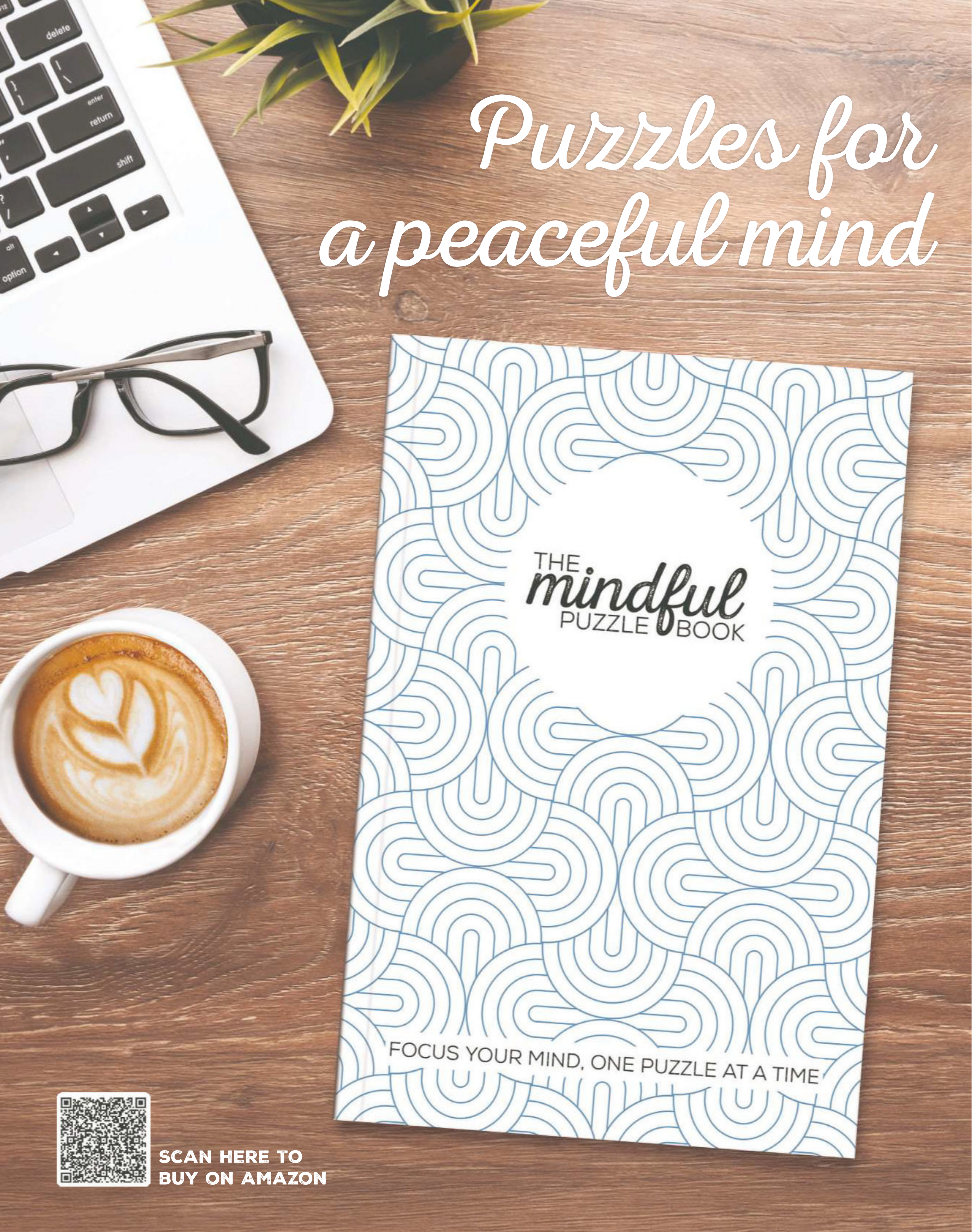


Bag, Katie Loxton, £42.99



Shoes, H&M, £37.99

By Cigdem Tanrioglu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Primark, £7

Jacket, 8-24, **£28**; **Bag**, **£12**; **Jeans**, 8-24, **£20**, all George at Asda

Accessorize, £25

boohoo.com, £24

boohoo.com, £22

Marks & Spencer, £25

Pull & Bear, £17.99

Marks & Spencer, £25

prettylittlething.com, £20

By Ella Shire

Blissful bat

Soothe Muscles

If you're struggling with sore muscles, a warm bath can help relax tension and reduce inflammation. Aid your recovery further with the **Radox Mineral Therapy Muscle Relax Bath Salts**, £3, which are enriched with calcium, sodium and magnesium for an effective muscle-soothing experience. Arnica extract is another ingredient renowned for its healing abilities. Use **Weleda Arnica Muscle Soak Bath Milk**, £16.25, to assist with muscle repair and relieve soreness. Rosemary and lavender essential oils will also create a relaxing atmosphere in your bathroom. For extra TLC, post-bath, apply the **Neal's Yard Warming Salve**, £16. The comforting formula provides targeted relief to any aches and pains.

WELEDA
ARNICA
Muscle Soak

MINERAL THERAPY
RADOX
ESTD 1908
MUSCLE RELAX
BATH SALTS
PEPPERMINT

Warming
SALVE
Eases and brings COMFORT
MADE IN ENGLAND

Induce Sleep

One of the most popular times to have a bath is before bed and for good reason – it's such an amazing way to help promote a deeper sleep. **Westlab's Sleep Bathing Salts**, £7.99, use lavender, jasmine and valerian essential oils to calm your thoughts, as well as magnesium to relax your body and reduce restlessness. **L'Occitane's Lavender Foaming Bath**, £29.50, will also help you to unwind while creating a luxurious bath full of bubbles. Why not multitask while you soak? Apply **Lush Beauty Sleep Face & Body Mask**, **from** £9.50, which is full of sleep-inducing herbs to soothe your skin and mind.

LAVANDE
DE HAUTE-PROVENCE
BAIN MOUSSANT
FOAMING BATH
L'OCCITANE
EN PROVENCE

BEAUTY SLEEP
FACE AND BODY MASK
LUSH

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Westlab
SLEEP
100% NATURAL
Bath Salts
LAVENDER
JASMINE
& VALERIAN
EPSOM & DEAD SEA
MINERAL SALTS

Energise and Invigorate

If you're more of a morning bather, opt for products that are going to help you feel revived. We love the **ESPA Energising Bath and Body Oil**, £36, which works to stimulate your senses with aromas of peppermint, eucalyptus and rosemary. To re-energise your limbs, use **Beauty Pie Soul Providers Re-Energizing Dry Oil Sugar Body Scrub**, £16 **for members or** £50 **for non-members**, to buff away dry skin and boost circulation. Lastly, give your complexion a pick-me-up with **Pixi's Vitamin-C Sheet Mask**, £10 **for three**. Leave the face mask on for 20 minutes while you soak to deliver an instant brightening and awakening effect.

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By Emma White. Picture: Shutterstock

htime

How to make the most of your tub time

Bust Stress

Bathing is a great technique for easing anxiety and stress. Soak away your troubles with the **Tisserand Total De-Stress Bath Oil**, £18, which features geranium, orange and nutmeg essential oils. They have been expertly blended to help you slow down and breathe. Add the **Champneys Treatments Soothing Bath Salts**, £14, to your tub to enjoy calming notes of geranium, jasmine and blackcurrant. Minerals also leave skin feeling super-soft and supple. For the ultimate spa-like experience at home, light **Neom's Real Luxury Scented Candle**, £38, that's made with their signature de-stressing blend to help you create a moment of calm.

TISSERAND
AROMATHERAPY
TOTAL DE-STRESS
BATH OIL

CHAMPNEYS
HEALTH SPA
soothing bath salts
treatments

NEOM
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REAL LUXURY

THE DARKEST CRIMES AND EVIL MINDS

CRIME MONTHLY

TIKTOK STAR TURNS TRIPLE MURDERER
SICK & TWISTED
DAD 'MARRIED STEPDAUGHTER... THEN KILLED HER
LUCY LETBY
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ISSUE 73
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THE DARKEST CRIMES AND EVIL MINDS
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WEDDING DAY SLAYING
HUSBAND STABS NEW WIFE 18 TIMES
DRUGGED, RAPED & DUMPED
FAKE FILM PRODUCER LURED CHRISTY AND HER FRIEND TO THEIR DEATHS
FAME-OBSESSED TEEN KILLS BOYFRIEND
FATAL FOOTAGE:
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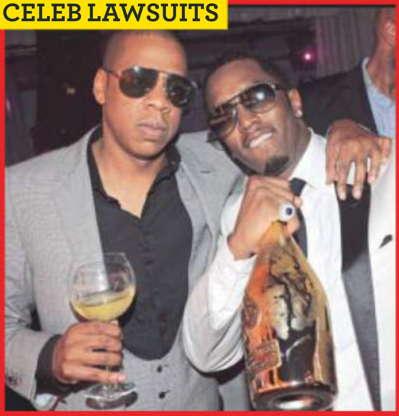

GROOMING GANGS

WHO KILLED JUDITH?

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benefit
BOUNCE
BADgal

Sleek Design

The innovative, two-sided applicator on this volumising buy features fibre bristles on one side to coat eyelashes, and a fine-tooth comb on the other to separate – perfect for achieving a clump-free finish. **Benefit BadGal Bounce Mascara, £27**

essence
call me Queen
dramatic false lash effect
mascara waterproof

Budget Buy

This formula has serious staying power. We love how the ultra-precise thin brush glides on smoothly without clogging, while the rich, thick formula delivers bold impact. **Essence Call Me Queen Dramatic False Lash Effect Waterproof Mascara, £3.95**

Double Trouble

If you want to create a natural-looking flutter, then grab this lightweight option. The dual-wand features a flat side to deposit pigment and an hourglass side to add curl and fan-out volume. **Haus Labs By Lady Gaga B Structural Mascara, £27**

Planet Friendly

Thanks to the keratin-boosted formula, this adds fullness while delivering healthier-looking lashes. The best part? The tube is refillable, which makes it good for the planet, too. **Max Factor False Lash Effect Supreme Recharge Mascara, £14.99**

MAX FACTOR
FALSE LASH EFFECT
SUPREME
RECHARGE

Magic Wands

Put your best flutter forward with the latest mascara launches

L'ORÉAL PARIS
PARADISE
BIG DEAL

Va-Va Volume

Creating lush fullness and noticeable length, this pick stays put for hours without running or crumbling. **L'Oréal Paris Paradise Big Deal Volumising Mascara, £12.99**

HIGH
SKY
LASH SENSATIONAL
MAYBELLINE

Colour Pop

The original Sky High Mascara was popular for its lash-stretching powers, and this new purple version is proving to be just as well-loved. The fun shade is excellent for making blue eyes pop. **Maybelline Lash Sensational Sky High Mascara in Plum Twilight, £12.99**

Stretch Out

Tubing mascaras will effortlessly coat each lash, providing plenty of height and lift. Best of all, they require no make-up remover – simply wash off with warm water! **No7 Pro Artist That's A Wrap Tubing Mascara, £17.95**

No7
PRO ARTIST
THAT'S A WRAP TUBING MASCARA

SEP
SIZE UP
Volume extra large immédiat
Immediate supersized volume

Brownie Points

This much-loved lengthening mascara adds plenty of body and curl, and is now available in four new shades, including a stunning brown tone that will complement hazel eyes perfectly. **Sephora Collection Size Up Supersized Volume Mascara in Brown, £14.99**

By Phoebe Denman

Get a slimmer face in days

The small changes that can make a dramatic difference

You can wear baggy clothes to disguise extra pounds, but there's no hiding your face away! It's one of the first areas to show weight gain, and excess fluid can make you look puffy and years older too.

Try the following effective methods to look and feel great, fast.

Enjoy a massage

Facial massage can help ease bloating and give you a glow. Emma Coleman, Dermatology Nurse (emmacolemanskin.com) recommends the following technique, using a light, dry oil like camellia, three times a week.

- Start at the jawline and curl the tip of your forefinger into the inner bend of your thumb. Cradle your jawbone at mid-chin into the gap between the forefinger and thumb, and sweep backwards towards the ear using firm pressure. Repeat six times. Switch to the other side of the jaw and repeat.
- Repeat this movement across the cheekbones on each side of the face, starting beside the nose. Repeat six times on each side.
- Move up to the forehead and very gently pinch your skin between the thumb and forefinger all over in rapid movement. You can use both hands at the same time to cover the entire forehead.
- Finish by using all of the fingertips to make movements and patterns circling all over the face several times.

Cut down on salt

The average daily UK salt intake is 8.1g, however NHS guidelines say we shouldn't have more than 6g. 'A high salt intake promotes water retention in the body, which can cause the body, and particularly the face, to look bloated. This is caused by the body sensing that it has too much sodium, and then holding on to extra water to dilute this in your bloodstream,' says Dietitian Sarah Abdula from The Slimming Clinic (theslimmingclinic.com). She recommends using herbs and spices instead and increasing the amount of diuretic foods in your diet. These are foods that make you wee more, like cucumber and ginger.

Do some HIIT exercises

You can't spot-reduce fat. But, you can do cardio exercise to promote overall fat loss and lose facial fat in the process. Dr Deborah Lee from Dr Fox Online Pharmacy (doctorfox.co.uk) says studies show HIIT (high intensity interval training) can have the greatest effects on fat loss. It involves

interval training, repeated intense bursts of exercise, followed by a recovery period. Aim for three 30 minute sessions a week, each including 10 minutes of intense exercise.

Work your face

Facial exercises can give toning effects to help you look slimmer and younger. Dr Lee suggests doing the following exercises three to four times a week.

- Lifting cheekbones. Place your second and third fingers on the edge of your cheekbones. Gently push the skin up and at the same time form an 'O' with your mouth, so your cheek muscles feel taut. Hold for five seconds, relax and repeat 10 times.
- Jowl tightening. Lift your chin up without hyperextending your neck. This will pull the skin under your chin tight. Move your head from side to side slowly as you jut out your jaw. Hold for five seconds in each position. Repeat three times.
- Lip and mouth strengthening. Keeping your lips covering your teeth, make a long 'O' sound, pursing your lips. Then make a long 'E' sound, stretching your lips, and repeat five times.

There are also facial toning gadgets to try. We like Facial-Flex, an anti-ageing facial exerciser with resistance bands devised by a plastic surgeon. It's been clinically proven to strengthen facial muscles, helping to define the facial contour and cheekbones, lift cheeks and jowls, reduce a double chin and give fuller lips, with results seen in around 12 weeks. £69.99, facialflex.co.uk Check out our competition.

Balance sleep

Coleman says you can try sleeping on your back as it allows more lymphatic drainage to occur around the face, especially if you raise the pillows to a 20-30 degree angle. Getting to grips with your stress levels are key too, as she says chronic stress can lead to a prolonged increase in cortisol levels, which can cause a fluid build-up in the face because the lymphatic system is put under pressure. Look for easy ways to unwind every day like a soothing bath, reading or a walk in nature.

Drink water

Dehydration will cause your body to hang on to fluid, which can contribute to a puffy face. Dr Lee says in the UK we only drink 53% of the water our bodies need every day! She recommends you keep a filled water bottle with you at all times and sip little and often. Have two litres daily (you may need more when it's warmer, and depending on your exercise levels – aim for pale yellow pee). To help reduce bloating add lemon slices to water, and try hot or cold peppermint or ginger tea.

FACIAL-FLEX
FACIAL-FLEX
FACIAL EXERCISER

WIN A FACIAL EXERCISER WORTH £69.99

We've got three Facial-Flex to give away, each worth £69.99. To use this anti-ageing facial exerciser simply pop it into your mouth and contract and expand for two minutes every morning and evening. For your chance to win, go to bellamagazine.co.uk/competitions and enter by 25 March 2025.

By Julia Smurthwaite. **Pictures** Shutterstock, Superstock

NB. If you are pregnant, breastfeeding, under 18 or have a medical condition please seek professional advice before changing your diet.

On the pulse

Affordable, sustainable and good for our overall health, enjoy these modern recipes using beans and peas

Turmeric & coconut chicken with chickpeas

Serves 4 *Takes* 30min

- 1tbsp sunflower or vegetable oil
- 4 chicken thigh fillets (about 350g), cut into 2.5cm pieces
- Salt and black pepper
- 1 onion, halved and thinly sliced
- 1½tsp finely grated fresh root ginger
- ½tsp ground turmeric
- 2tsp mild curry powder
- 400g can chickpeas, drained and rinsed
- 400g can coconut milk
- Juice of ½ lime
- 100g spinach
- Sliced red chilli, coriander leaves and steamed rice, to serve

1 *Heat the oil in a large frying or sauté pan, or a shallow casserole dish over a medium-high heat. Season the chicken with salt and add to the pan with the onion. Fry, stirring regularly, for 8-10min until just turning golden in places.*
2 *Add the ginger, turmeric, curry powder, a good grind of black pepper and another pinch of salt and fry over the heat for another 2min. Stir in the chickpeas, then the coconut milk. Bring to a gentle simmer and cook for 10min, stirring occasionally. The chicken should be cooked by now.*
3 *Squeeze in the lime juice and check the seasoning; you may need a little more salt or lime juice. Stir in the spinach and allow to wilt in the pan for a couple of min. Sprinkle over some sliced chilli and coriander and serve with steamed rice.*

Tip

Any leftovers will freeze well. You can also make it a day in advance, adding the spinach when reheating to serve.

Cannellini bean pesto

Makes 200g (approx 4 servings)
Takes 15min (with the pasta)

- 40g basil
- 400g can cannellini beans, drained and rinsed
- 25g grated Parmesan
- 1 garlic clove, finely grated
- Zest of ½ lemon
- 90ml extra virgin olive oil, plus extra to cover
- Salt and black pepper

1 *Place all of the ingredients in a small food processor with a good pinch of salt and a grind of black pepper. Whizz until smooth. Transfer to a small container and cover with a thin layer of extra oil (so that it doesn't discolour). Chill until ready to use.*

2 *Serve tossed into some cooked spaghetti, adding any leftover beans from the can to the hot pasta.*

Continued over the page...

Tip

Any beans would work here – try borlotti, haricot or cannellini.

Beans on toast

Serves 2 *Takes* 25min

- 2tbsp olive oil
- Salt and black pepper
- 3 ripe tomatoes, halved
- 1 rosemary sprig
- 2 garlic cloves, unpeeled and bashed
- 400g can flageolet beans, drained and rinsed
- 3tbsp crème fraîche
- 2 thick slices of sourdough, toasted and buttered
- Grated Cheddar cheese, to serve (optional)

1 *Heat the oil in a medium frying pan over a medium heat. Season the cut side of the tomatoes, then add them, cut-side down, to the pan. Also add the rosemary and garlic cloves to the pan. Cook gently for 8-10min until the tomatoes are nicely golden on top and starting to release their juices. Turn the tomatoes and cook for another 2-3min.*

2 *Add the beans to the pan, stirring into the oil and tomato juices. Stir in the crème fraîche and heat for 1min, then season the beans to taste.*

3 *Arrange the buttered toast on plates and spoon over the tomatoes, beans and their sauce (discard the rosemary and garlic). Grate over a little Cheddar to serve, if liked.*

Fudge-y black bean chocolate sheet cake

Serves 16 *Takes* 45min, plus cooling

- 250ml sunflower or vegetable oil, plus extra for greasing
- 400g can black beans, drained and rinsed
- 210g plain flour
- 65g cocoa powder
- 300g light brown soft sugar
- 2tsp baking powder
- 1tsp bicarbonate of soda/baking soda
- ½tsp fine salt
- 3 eggs
- Sprinkles, to decorate

FOR THE CHOCOLATE ICING

- 100g dark chocolate (70% cocoa solids), chopped
- 125g unsalted butter, softened
- 125g icing sugar
- 1tbsp cocoa powder
- Pinch of salt

1 *Preheat the oven to 180°C/fan 160°C. Lightly grease a 33cm x 22cm cake tin and line with baking paper. Whizz together the oil and beans in a blender until smooth.*

2 *In large mixing bowl, combine the flour, cocoa, sugar, baking powder, bicarbonate of soda and salt. In a jug/pitcher, lightly beat together the eggs with a fork.*

3 *Tip the blended oil and beans and the eggs into the mixing bowl with the dry ingredients. Stir together, then pour over 275ml just-boiled water. Use a balloon whisk to gently whisk together until smooth. Tip into the tin and bake for about 25min, or until a skewer inserted into the centre comes out clean. Set aside to cool in the tin.*

4 *For the icing, melt the chocolate in a bowl, either in the microwave or over a saucepan of gently simmering water. Set aside to cool for 10min.*

5 *Use an electric mixer, whisk the butter for 1min until whippy. Sift in the icing sugar and cocoa and beat for another 2min. Finally beat in the melted chocolate and a pinch of salt. Spread over the cake, decorate with sprinkles, then slice to serve.*

PULSE
MODERN RECIPES WITH BEANS, PEAS & LENTILS
ELEANOR MAIDMENT

These recipes are taken from ***Pulse* by Eleanor Maidment** (Ryland Peters & Small, £20)

By Hayley Merrick Recipes **Pictures** Mowie Kay © Ryland Peters & Small

Mushroom POWER

Try these fungi-infused drinks and snacks for a health boost

Kin Euphorics Kin Spritz, kineuphorics.com, £32 for eight-pack

Spacegoods Rainbow Dust, spacegoods.com, £34

Cosmic Dealer Nut Butter Chocolate Pistachio & Lion's Mane, planetorganic.co.uk, £3.39

PRESS Shroombar Cacao Oat & Raspberry, press-london.com, £2.25

Balanced Tiger Protein Bar Mint Chocolate Chip, uk.iherb.com, £24.73 for 12-pack

DIRTEA Chai, Amazon, £36.44

G Spot Lift Red Berries & Sarawak Sparkling Functional Drink, Sainsbury's, £2

MOSH Peanut Butter Chocolate Crunch, healf.com, £35.79 for 12-pack

Lucid Move PB&J Energy Enhancing Nutrition Bar, lucidworld.co.uk, £14 for four-pack

Myco Calm Ginger & Peach, mycodrink.com, £26.95 for 12-pack

Grass & Co. Liquid Relax Functional Sparkling Drink, Holland & Barrett, £2.50

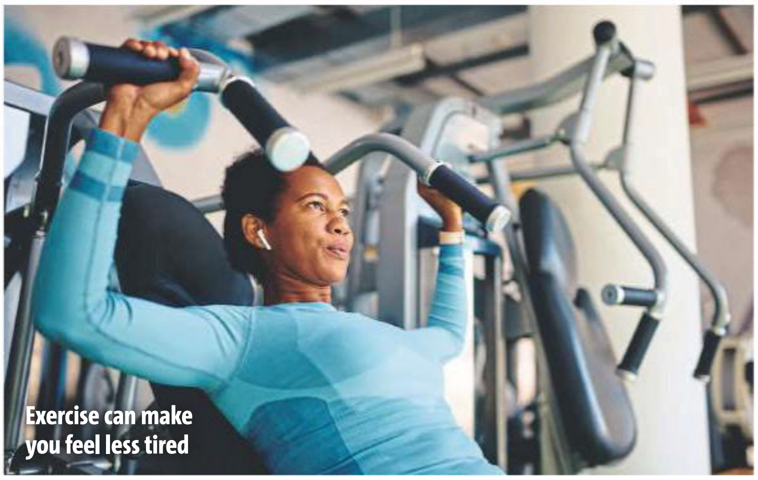
Other Foods Crunchy Shiitake Mushroom Chips, planetorganic.com, £2.59

M&S YAY! MUSHROOMS Vanilla Latte, Marks & Spencer, £1.90

By Helena Holdsworth

HOW TO FIGHT FATIGUE

The real reasons you're tired all the time and how to fix them…



Exercise can make you feel less tired

If you felt yourself go into hibernation mode over the winter, you're not alone. Studies suggest that many of us feel more tired and sleep a little more this time of year.

But what about now, as spring arrives? It's normal for us all to feel groggy sometimes, but what if it's *all* the time? A recent survey found a staggering 97% of us claim we feel tired most of the time.

In fact, tiredness is one of the most common health complaints presented to GPs. Feeling exhausted is so common that it even has its own acronym, TATT, which stands for 'tired all the time'.

But what's making so many of us feel worn out? What can we do about it and when should we seek help? Dr Allie Hare, a consultant in sleep and respiratory medicine at the Royal Brompton Hospital, London, where she treats private and NHS patients, says, 'If you're feeling tired all the time and you're worried, it's definitely worth seeing your GP, just to make sure you're not missing anything that could be resolved through medication, treatment or diet. However, I think for a lot of people, it's that we're simply doing too much. We're trying to be everything and do everything. We're striving to be successful in our work, be great partners, parents and friends, stay healthy, drink enough water, exercise and there's just not enough hours in the day to do everything.

'Instead, it's leaving a lot of people feeling stressed, depleted, overwhelmed and, as a consequence, exhausted.

'Our sleep habits can play a huge role too. If we're not getting good quality sleep, this is of course going to impact our tiredness levels. Some people may even have an actual sleep problem that they're not aware of. There are a lot of factors to consider. It's often not just one thing causing fatigue – it's a combination.

'Therefore, the key to trying to successfully tackle and explore the root of your tiredness is to always look at the whole picture.'

Here, Dr Hare explains how.

Rule out a medical condition

Dr Hare says, 'Fatigue is multifactorial, so it might be related to stress or diet, but it might also be a medical issue, such as an underactive thyroid, a B12 deficiency, diabetes, depression or being anaemic.

'Some tiredness is normal, but if you're feeling tired all the time,

Dr Allie Hare

Read a book to unwind

especially if you're having other symptoms as well, it's definitely worth speaking to your GP first and having some straightforward blood tests to rule certain health conditions out.'

Think about lifestyle

Dr Hare says, 'Obviously when you're tired, exercise is often the last thing you want to do, but, perversely, if you're able to do some, you'll end up feeling much less tired.

'It can be helpful to think about diet too. When we're busy or tired, we often reach for convenience and processed foods, but this contributes to us not having a well-balanced diet, not getting all the nutrients and micronutrients that we need and then feeling increasingly fatigued.

'Stress is another factor. We all take on too much, don't we? There's a comparison culture, especially on social media, where everybody thinks everybody else is doing so much more and so much better, when actually they're probably not. This can lead to people feeling inadequate with a sense of pressure to do more and be better in every area of your life, which is stressful.

'This is why, when making any changes, it's crucial to keep them small at first, to avoid adding to stress levels.

'I often say to my patients and clients, when I talk about exercise, I'm not saying go to the gym for 40 minutes and then lift half your body weight. You just need to get outside and walk, even if that's only for 10 minutes.

'Similarly with diet, changes don't have to be drastic. A good start is even simply replacing white bread with wholemeal.

'For people who are really struggling with stress-related fatigue, just getting out in nature a bit more or trying to do 10 minutes of mindfulness-based practices will help with stress reduction and can often improve sleep.'

'97% of us feel tired most of the time'

Consider sleeping habits

It's estimated we spend around a third of our life sleeping, yet many of us are unaware of the small changes that we could make that would drastically improve the quality of our sleep.

Dr Hare says, 'One of the things that always rings alarm bells for me is when a client can't tell me what time they're regularly going to bed and getting up each day because it varies so much. Going to bed at the same time each day is the biggest thing that's going to bring about improvements in your sleep, because you're training your entire circadian rhythm when you do that. You're telling all your bodily patterns, hormone systems and physiology to know, "I'm meant to be asleep at this time and awake at this time".

'Getting outside in the morning light – it doesn't have to be first thing – is really going to help you feel more alert, too.

'Before bed, keep technology out of the bedroom. Increasingly we're realising that it's not the blue light from devices that's keeping us awake but the content we're scrolling through stimulating our minds. Instead, try reading a book or listening to some music to unwind for good sleep.

'If you find yourself worrying before bed, there's good evidence for something called cognitive control and constructive worry, which is a way of organising any thoughts that are occupying your mind when you're trying to go to sleep. For some people this might be by making a list or writing a journal before bed. I often recommend cognitive distraction strategies too for busy minds, for example, counting back from a thousand in sevens, starting again, if you get stuck at any point.'

Spot problems

Sleep problems, like insomnia, restless leg syndrome or sleep apnoea, can be more common that we think, but you might not always be aware you have one. In fact, it's estimated that 80% of people with sleep apnoea are undiagnosed.

Dr Hare says, 'Our sleep can be impacted by so many factors, including stress and hormones. It can therefore be tricky to identify whether you might have an actual sleep problem at times.

'Firstly, make sure you're going to bed and waking at the same set time each day and giving yourself a reasonable amount – about seven to nine hours – of sleep each night.

'Give that a few weeks to take effect, because you might have quite a sleep debt to repay, and then look at how you're sleeping. If you're still waking up not feeling refreshed, this may suggest an intrinsic sleep problem, for which I would recommend seeking help.'

'80% of people with sleep apnoea are undiagnosed'

● *For more info, please visit thesleepspecialist.co.uk*

Switching to wholemeal bread can help

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Mermaid pink gin, John Lewis, £39.50

Mum mug, M&S, £5

Bliss initial necklace, bohomoon.com, £25

By Carly Honeyfield

F&F honeysuckle set, Tesco, £6.50

Mum everyday pouch, elizabethscarlett.com, £32

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Nan mug, Card Factory, £4.99

Leopard compact mirror, Monsoon, £8

Elemis peptide plumping pillow face cream, Amazon, £43.15

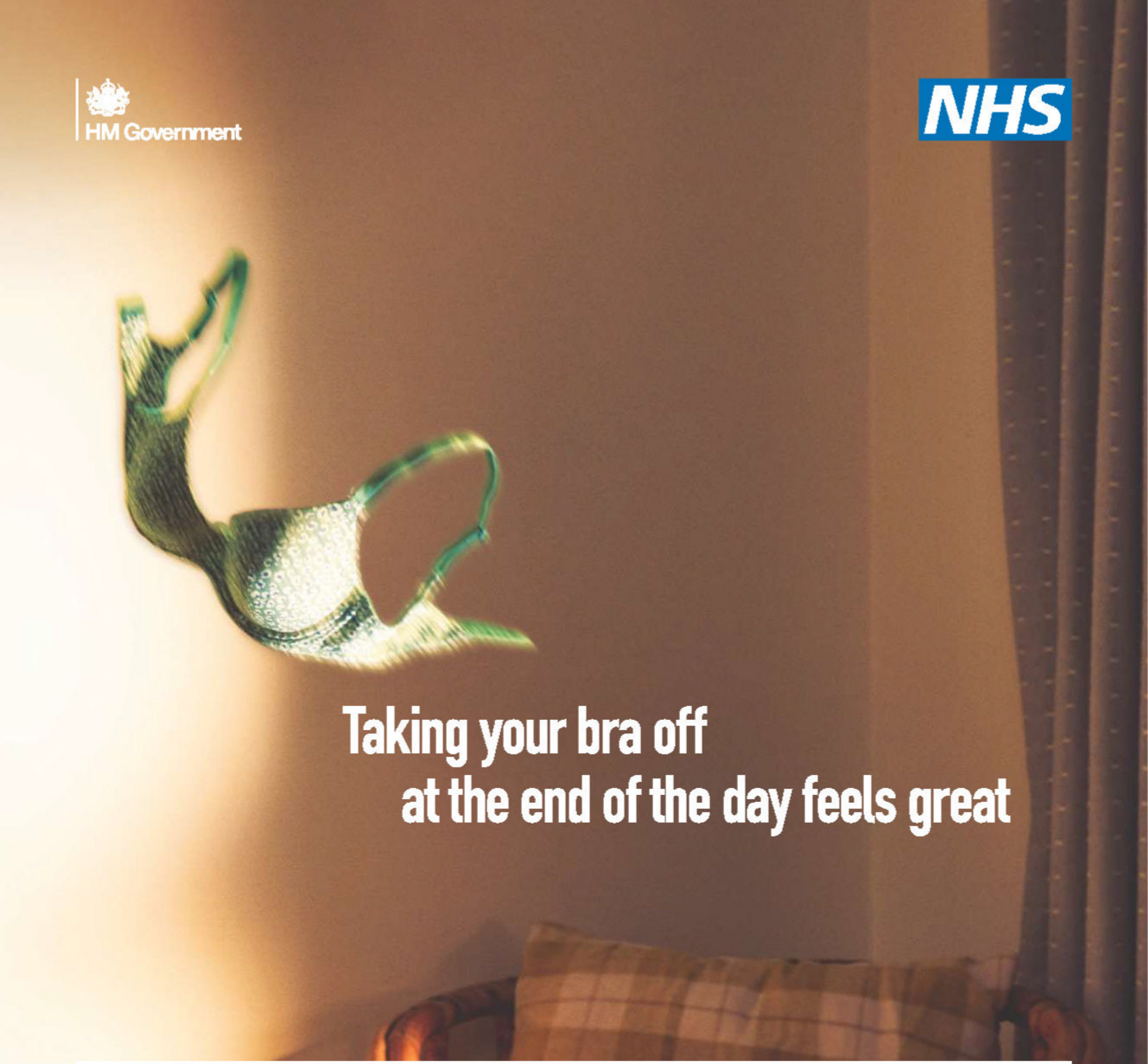
Dubai chocolate truffles, farhi.co.uk, £20

It's all rosy 3 wick candle, Neom, £55

Hand iced cake, bettys.co.uk, £24.75

Hanging wash bag, M&S, £15

Bow slippers, Next, £20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So when you're invited,
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Screening saves lives

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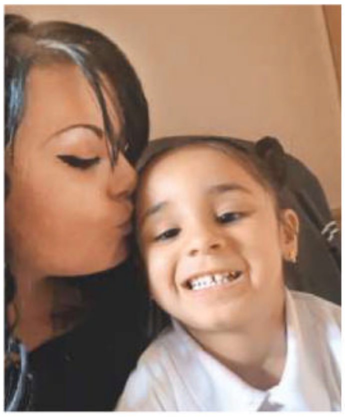
£50 Star letter

Fergie and Andrew

I find Fergie's relationship with Prince Andrew quite unusual (issue 8). It makes me wonder if we will ever truly know what makes them stick together. You would think that divorce would be the end of a relationship! Then again, it may tarnish her image to stick around him. We shall see!

Jennifer Shelden, Twickenham



Tragic death

I was saddened to read about Shay and the tragic circumstances of her death at the hands of her mother (issue 7). My heart goes out to Kayleigh, her godmother, who is now experiencing profound grief. I hope the government will improve community care and supervision to prevent such unfortunate events from happening again. Kayleigh needs to remember that she did everything she could to protect Shay.

Jacqueline McCauley, Walthamstow

Talking point

Coleen Rooney leaves two white boards filled with instructions for her husband and four boys when she's not there. So, we ask, should you still organise your family when you are away?

I can see the benefit – although the chance to get away from my family would be a fine thing!
Helena Lancaster, via Facebook

If she feels the need to do it then there is probably a reason.
Kristie Thomlinson, via Facebook

Seems like a very sensible thing to do with five men in the house!
Kelly Smith, via Facebook

If my wife wanted to leave notes that's fine. Doesn't mean I have to read them.
Rob Garfield, via Facebook

By Stephen Leng, **Pictures** Shutterstock

THIS WEEK Bella LOVES… *Mother's Day treats*

If you've got a mum who likes the odd tipple, thewhiskyworld.com has a huge range of products that would make the perfect gift for Mother's Day. We'd recommend the Botanist Islay Gin gift set, which not only gives you a lovely bottle of the good stuff, but also a fancy glass to have it in! Check out the website for all their offers.

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‘I kept my miracl midlife bump A SECRET’

First-time mum Monica Kranner, 55, won’t let cruel comments spoil her joy

Monica while pregnant

We were in the car when my partner Peter stopped at a red light and pulled a ring from his pocket. ‘Do you want to marry me?’ he asked. And at the next red light, I had my answer. ‘Yes,’ I grinned widely.

Peter, Monica and baby Lewis

Then we had even more to celebrate when I discovered I was pregnant. I was 43, Peter was 46, and we wanted a family together. But just hours before the wedding in December 2012, I suffered a miscarriage. I was heartbroken. It was the second baby we’d lost since we’d met. ‘Let’s get married anyway,’ Peter said gently.

When I didn’t conceive again, we turned to private fertility treatment. But after artificial insemination and two rounds of IVF, I still didn’t have a baby to hold. I threw myself into my work as a nutritionist and mindset coach, running clinics in London, Vienna and LA. But I just couldn’t give up on being a mum, and after my sixth miscarriage, I began to panic. I was too old for NHS fertility treatment so we began looking for clinics abroad with higher age limits.

On my 50th birthday, in 2019, I felt hopeless. Some of my friends had grown-up children, while others were becoming grandparents. Meanwhile, I entered my 50s still yearning for a baby. I began taking advice from a holistic clinic in Australia. They stopped talking about my age and body and looked at both of us.

We had to detox our lifestyle at home in Brent, London, which meant no phones in the bedroom and drinking daily organic smoothies made with whole lemon, coconut oil, fresh ginger and honey mixed with sunflower lecithin and vitamin A in filtered water. We even had to quit caffeine, so we couldn’t have any coffee.

> ‘I found another clinic’

Finally, we found a clinic in Cyprus that treated women my age. I had the IVF injections and was ready to go when my phone rang at work. It was the clinic, saying they had closed. I ran out of the office and paced round the park, full of hormones and disappointment. ‘It’s bad news...’ I sobbed to Peter.

But when I got home, he was waiting for me. ‘I’ve found another

The couple spent almost £60k on treatment

Monica and Lewis

clinic, in Spain,' he said. 'They treat women up to 56.' We booked in straight away. In January 2022 I had two eggs implanted in my womb through IVF. But they didn't take. 'Am I just too old?' I wept, yet again. 'Never close the door on this,' Peter said firmly.

In November, I was ready to try again. Two weeks after one embryo was implanted, I had the blood test to see if I was pregnant. 'Keep calm,' I told myself. Because somehow, I knew. I checked the results online and it was positive.

As the weeks went by and the baby stayed safe in my tummy, I made a decision. I wasn't going to tell anybody until I had to. My 50-something pregnancy was private.

At 16 weeks, I went for a scan. I lay in a Harley Street clinic, beside a giant screen as the sonographer ran the probe over my belly. Suddenly a heartbeat filled the room. 'Oh my goodness!' I gasped. Then I saw my little one on the screen. We'd spent almost £60,000 on treatment and it was worth every penny for this moment.

> 'My heart surged with love'

At my 20-week scan, I found out we were having a boy. We were over the moon. And when I was six months gone, I couldn't hide my bump any longer. As a nutritionist telling others what to eat, people notice my shape. So, one day, a client nodded at my belly. 'You liked your Christmas cookies this year,' she smirked.

'No,' I shrugged. 'I'm pregnant.' She looked gobsmacked. I started sharing the news, and my family and real friends were delighted. We laughed when they talked about menopause, while I talked about pregnancy!

But some people were downright rude. One said, 'At least a baby at 54 is better than cancer.' I was stunned that anyone could be so horrible. I was even asked why I didn't use protection at my age. 'We planned this baby,' I replied. I didn't get into arguments because it was none of their business. Instead, I stroked my bump and spoke to my baby. 'I'm so excited that I'm finally going to meet you,' I said softy. 'You are so welcome in this world.'

It was getting harder to move around and breathe, though, and I worried that it was down to my age. And after seven miscarriages, I was too scared to buy baby things, in case I lost him too. Eventually I picked a snowy babygro with a tiny hat and mittens to take to the hospital.

When I was wheeled in for a planned C-section in July 2023, Peter was at my side. And suddenly Lewis was here, with a mop of dark hair and weighing 6lb 6oz. He was whisked off for a bit of help breathing, but a few hours later I held my son for the first time. He was perfect and my heart surged with love.

I didn't care what anyone else thought about my age. Even when we got home and took him for a walk in the pram. 'Lovely day to take your grandchild out,' a passer-by beamed. 'We're his parents,' Peter said proudly.

Now, Lewis is 20 months old and chatting away in English and German, our native language. People still mistake us for his grandma and grandad and I probably get more tired than younger mums. But after everything I went through to have my son, I savour every single moment.

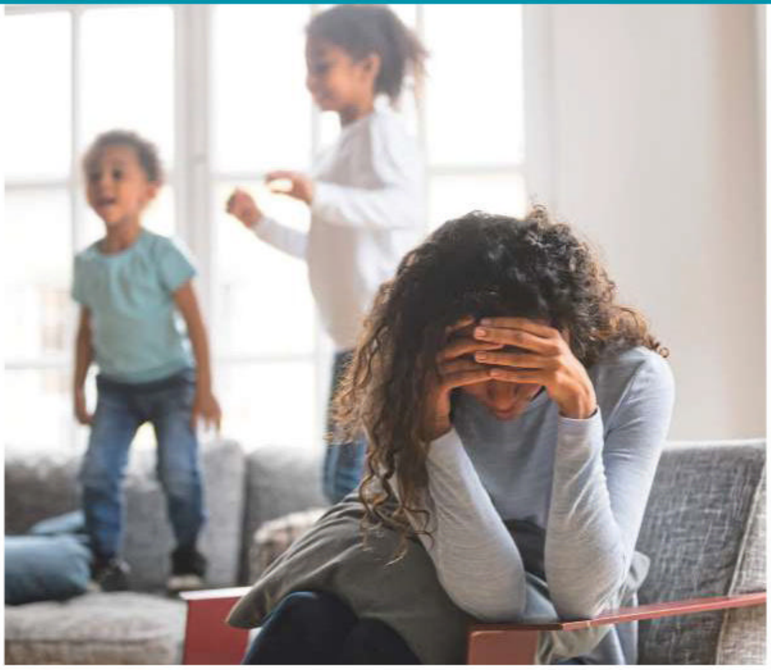
● *Monica has written a book called 7 Miscarriages Until I Changed This One Thing: My Journey Of Resilience*

By Anna Matheson and Sharon Wright. **Pictures** Shutterstock

Dear Kate...

Counsellor Kate Medlin answers your personal, sexual and emotional problems

Their help comes with strings attached



Q My parents very kindly look after my two kids every now and then as I'm a single mum and my ex refuses to have them outside of the agreed times. I really appreciate their support, but I have to brace myself because it always comes with a whole load of criticism. Whether it's how the house looks, or the fact that I'm a divorced single mother. They were so angry when I left my ex, even though he was controlling and made me very unhappy. They hate that the kids go to after school clubs because I have to work. They disapprove of me letting my children out to play (we live in a very quiet, dead-end road), or letting my eldest (who's nine) walk three minutes to the shop on his own. My mum was very strict with me growing up and made me believe that there was disaster waiting for me as soon as I stepped outside the house. I'm trying not to do this to my kids but am worried that they'll pick it up from my parents. But I can't really manage without their help every now and then.

A Reading between the lines, I can tell that you're worried about how you're coming across. Will I think you're ungrateful for your parents' support, or too carefree about the safety and welfare of your children? And yet, actually, your letter left me feeling full of compassion for you. You just sit and take their unkind words and have most likely had to do so all your life. This can lead to a person having a reduced sense of their own self, of their self-belief, which is why you seem to doubt the decisions you make when your parents hold them up for questioning. But the other thing your letter left me feeling was admiration. You are aware of what didn't feel good in your own childhood, and are trying really

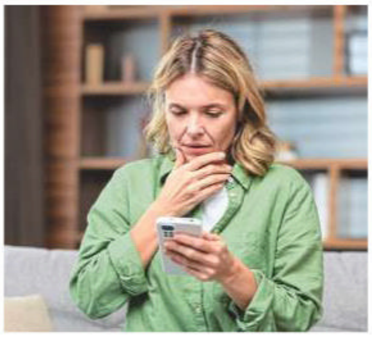
My four year old isn't nice!

Q I have a four-year-old daughter and she's a right little madam! She screams the house down if she doesn't get her own way and it's driving me mad. For example, the other day, we were in a rush to get out of the house, and she wanted to do her own buttons up, but it was taking too long, so I did them for her. Well, you would have thought I'd pulled her arm off, the fuss she made. I had to carry her into the car, and she screamed nearly the whole way until she fell asleep. I love her to bits, but I really don't like her sometimes. Is it normal to feel like this?

A Being a parent to toddlers is exhausting, and really hard. They are starting to realise that they can make their own choices, but haven't developed the right social skills to understand how their behaviour might affect others. On top of this they have little or no ability to manage their really big feelings, of which there are many! Instead of meeting your daughter's anger with anger, try to let her know that you understand why she's upset. To her, the most important thing in that moment was for her to do her buttons. So let her have those feelings. No feelings are wrong. But when children don't feel heard, they will double down on them and act out. This doesn't mean you have to give her what she wants, but to acknowledge that she wanted to, and how upset she is.

I wish I hadn't said 'yes'

Q My friend has asked me if I'll look after her child one day a week when she goes back to work as I'll still be on maternity leave. I said 'yes' at first but now the time is getting closer, and we haven't made any firm arrangements and I kind of regret agreeing to it. She said she'd pay me, but I don't know how much or what day she wants me to have him. I feel too worried to ask because I don't like making people feel uncomfortable, and will do anything for my friends. I've even bought a second-hand double buggy as I'll have had my own baby by then. This has been an extra expense that I didn't need. I feel annoyed with her but I'm not sure why!



A Being a people pleaser is a double-edged sword. You hide your true feelings to others, and because of that they can only respond to what you show them. Your friend doesn't know that you are worrying. On top of this you have your own life-changing moment coming up – your new baby! I wonder if this other issue is adding to your stress – too many

Letters and replies may be edited for length/clarity. **Pictures** Shutterstock

Write to **Dear Kate**,
Bella, The Lantern,
75 Hampstead Road,
London, NW1 2PL, or email
bella.advice@bauermedia.co.uk.

Kate will attempt to respond to as many letters as possible through her page

hard, seemingly successfully, to break the cycle and not pass on your parents' problems to your children. Having an anxious mother can be so unsettling for a child, because if your mum is scared of the world, you're likely to believe that it's a frightening place too. You are right to let your children take little safe steps out on their own, even if it might feel scary for you to let go. Giving our children the courage and skills to make their own way in the world is the best gift we can give them, and it starts with little moments of independence like the ones you are allowing them to have. Your parents won't have the same influence on your kids as they did on you as you're the one whose parenting will impact them the most. As they get older, they might even start to agree with you about how funny Nanny and Grandad can be about things that really don't matter!

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unknowns. I suggest you tell her what works for you. Be proactive, instead of just reactive. Otherwise, your silence will just allow your resentment to grow, and that isn't good for any friendship.

BELLA ADVICE LINES

Do you suffer from anxiety?
0906 652 5070

Getting over depression?
0906 652 5076

Bereavement
0906 652 5077

Impotence
0906 652 5078

Relationship breakdown
0906 652 5079

Calls cost 65p per minute plus your network access charge. Calls last approximately four minutes. You must be over 18 to call and have the bill payer's permission. UK SP: Spoke 0333 202 3390

Horoscopes

By Jane Struthers **For the week 11–17 March**

ARIES
21 March – 20 April

Putting your words into actions pays dividends at the start of the week. Trust your instincts and don't let needless fears get in the way. A modest experiment or spur-of-the-moment decision works out surprisingly well on the 14th. Be patient on the 16th.

Theme of the week: Cosiness

☎ 0906 650 7230

TAURUS
21 April – 21 May

Some of your hopes and wishes are in the spotlight this week. Initial doubts about their viability, or whether they even make sense, give way to a more positive attitude midweek. A certain someone is very sure of what they want on the 17th.

Theme of the week: Helping out

☎ 0906 650 7231

GEMINI
22 May – 21 June

Family and domestic matters are demanding your attention, which could easily make you feel under pressure to do the right thing. You may need to gain some emotional distance from a difficult situation before you can know how to handle it.

Theme of the week: Bide your time

☎ 0906 650 7232

CANCER
22 June – 23 July

You're gripped at the moment by an underlying need for adventure and to stretch your wings, and early this week you're taking it all very seriously. This is a wonderful opportunity to grasp an idea or belief that holds great meaning for you.

Theme of the week: Education

☎ 0906 650 7233

LEO
24 July – 23 August

There's an intensity to many aspects of your life at the moment. It's satisfying at times, but it can also be tiring if you don't have any light relief. Luckily, the 15th is perfect for giving yourself a complete change of scene, whether physically or mentally.

Theme of the week: Conversations

☎ 0906 650 7234

VIRGO
24 August – 23 September

The time has come to rid yourself of anything that no longer makes sense in your life. This could be minor or major, but either way from the 14th you need to free yourself from whatever is holding you back. Be precise when handling joint finances.

Theme of the week: Clarity

☎ 0906 650 7235

LIBRA
24 September – 23 October

Early in the week is marvellous for making the very best of a relationship. You aren't always comfortable when expressing your emotions, yet the right words will be easy to find. This could bring renewed peace to your connection with you-know-who.

Theme of the week: Practicalities

☎ 0906 650 7236

Coleen Nolan – 60 on 12 March

PISCES
20 February – 20 March

There's a major emphasis on relationships from the 14th, especially if it's highlighting friction or dissatisfaction between you and certain people. Do your best to take this in your stride and to tackle it objectively, rather than go into crisis mode. On the 15th, it will help to confide in someone you trust.

Theme of the week: Staying calm

☎ 0906 650 7241

SCORPIO
24 October – 22 November

Much as you love a certain someone, it's not easy to get close to them at the start of the week, which is disappointing. Trying a different approach with this person on the 14th could have an almost magical effect, if you can let go of your expectations.

Theme of the week: Relax

☎ 0906 650 7237

SAGITTARIUS
23 November – 21 December

Have you been placing too much emphasis on your work or other commitments? If so, now is the time to bring more balance into your life so that your private world is no longer neglected. This may mean accepting that you can't achieve everything all at once.

Theme of the week: Kindred spirits

☎ 0906 650 7238

CAPRICORN
22 December – 20 January

There's plenty to talk about this week but early on you aren't confident about voicing what needs to be said in case it shows you in a bad light or attracts criticism. If you bottled everything up at first, it will all spill out on the 14th.

Theme of the week: Honesty

☎ 0906 650 7239

AQUARIUS
21 January – 19 February

You're caught up in a dance of conflicting energies right now. One part of you wants to let your emotions flood out but another part is feeling defensive and self-protective. You're driven by determination on the 17th but must know when to back off.

Theme of the week: Priorities

☎ 0906 650 7240

For a more detailed weekly forecast call the number for your star sign. Calls cost 65p per minute plus your network access charge. Weekly forecasts last approximately four minutes. Messages are pre-recorded. For entertainment and guidance purposes only. Users must be over 18. Service provider: Spoke. Customer service number 0333 202 3390 (9am-5pm)

SLEEP IN THE CITY!

Make the most of a short break by staying just steps away from the action

The Resident, Soho

Tucked away, just behind Oxford Street, is The Resident Soho. As a tourist, you couldn't ask for a more convenient location to base yourself for a weekend exploring the capital. This small, but beautiful, hotel offers spacious rooms with everything you need for a peaceful stay, including comfy beds, powerful showers, friendly and helpful staff, plus handy mini-kitchens in every room. Although the hotel is close to pubs and restaurants, the rooms are quiet, and within a five-minute walk you can be shopping on Regent Street.

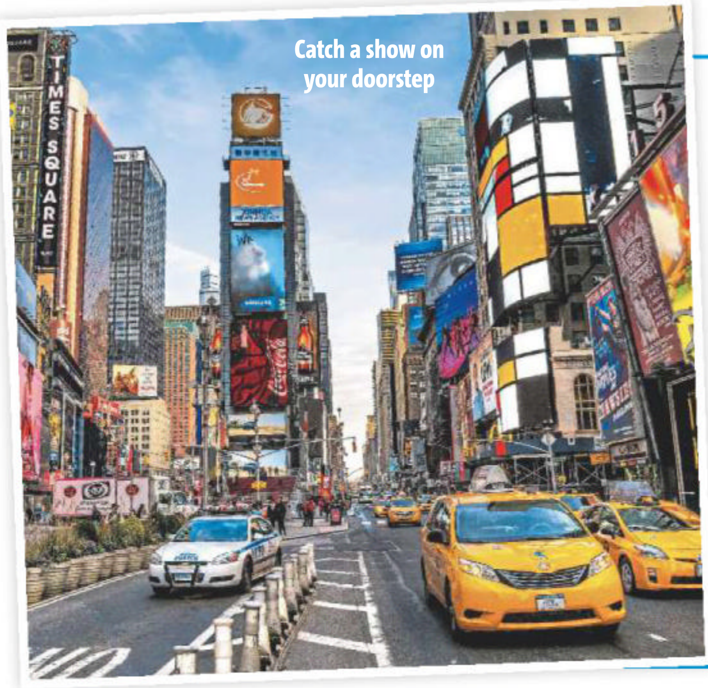
- **Book at residenthotels.com from £289 per night.**

City and beach combined

Hotel 1898, Barcelona

Set on the famous La Rambla and just 200 meters from Plaza de Catalunya, this beautifully restored 19th-century hotel is a hidden gem in prime position for a weekend of sightseeing. Hotel 1898 is just a 10-minute walk from the Gothic Quarter with its beautiful cathedral, while Barceloneta Beach is only a 25-minute stroll away – unless you fancy stopping en route for a cheeky sangria and tapas! Make sure you check out the hotel's rooftop terrace bar for the amazing panoramic views over the city skyline.

- **Book at booking.com from £160 per night.**



Catch a show on your doorstep

Hotel Edison, New York

What could be better than staying just steps away from the bright lights of Times Square? This original Art Deco hotel is positioned in the prime location of Midtown West, right in the centre of the Broadway theatre district. The nearest subway is just minutes from the hotel, but if you've packed your comfy trainers, you can walk to Central Park in 15 minutes, or the iconic Rockefeller Center in 10 minutes. The hotel offers comfortable beds, a fantastic restaurant, and a cosy bar to rest your feet after a busy day exploring. Plus there's live music to enjoy in the evenings.

- Book at loveholidays.com from around £143 per night.

Hotel Forty-Seven, Manchester

Stay right in the centre of Manchester at the Forty-Seven boutique hotel. A former shipping warehouse on Peter Street, it's in one of the liveliest parts of the city where you'll find great restaurants and buzzing bars. The hotel takes its bedrooms very seriously and has partnered with a sleep expert to design rooms that guarantee a restful night's sleep. After a peaceful snooze, you'll be raring to explore Deansgate, home to designer shopping, pubs and cocktails bars, or Spinningfields, where you'll find over 40 venues offering a range of cuisines from around the globe.

- Book a room at fortysevenmanchester.co.uk, from £100 a night.

The comfiest beds in Manchester

Enjoy the rooftop views

Aria Hotel, Budapest

Situated in the heart of Budapest's bustling city centre, the Aria Hotel blends opulent design with a passion for music, featuring rooms inspired by classical, opera, contemporary and jazz genres. Guests can enjoy breathtaking city views from the High Note SkyBar or unwind at the Harmony Spa. Just steps away from St. Stephen's Basilica, the hotel is perfectly positioned for exploring iconic landmarks. The Chain Bridge, Buda Castle, and the lively Pest side are all within easy reach. A stroll along nearby Andrássy Avenue offers luxury boutiques, fine-dining options and cultural treasures, including the Hungarian State Opera.

- Book at ariahotelbudapest.com, from £240 per night.

By Carly Honeyfield. **Pictures** Shutterstock

TV WEEK

Death becomes her

The Marlow Murder Club, Wednesday 19 March, U & Drama

The cosy yet suspenseful crime drama, adapted from Robert Thorogood's best-selling novels, is back for a second series. And when we see retired archaeologist Judith Potts (Samantha Bond), Vicar's wife, Becks Starling (Cara Horgan) and dog walker Suzie Harris (Jo Martin) again, they've barely had time to recover from the last triple murder that rocked the community before they're called back to action, as a new unsettling crime befalls Marlow's residents. 'We're thrilled to be back for series two!' says Samantha, 'We all know each other now so the shorthand between us was much quicker.'

POLICE LINE
POLICE

WILL OF STEEL

Protection, Sunday 16 March, ITV1

Katherine Kelly, (*Mr Selfridge*) plays DCI Hannah Wheatley in this new crime thriller. She's determined to get to the bottom of potential corruption within a Witness Protection Unit. Technically the case at the heart of the drama should be hers, but DCI Liz Niles (Siobhan Finneran, *Happy Valley*) is looking after the witnesses, and the two parameters bleed into each other, as Katherine says, 'Liz is an old-school maverick copper whereas Hannah is very by the book. She's also highly skilled, efficient and honourable, all the things you want a police officer to be, especially when the stakes are as high as this.'

Especially for you

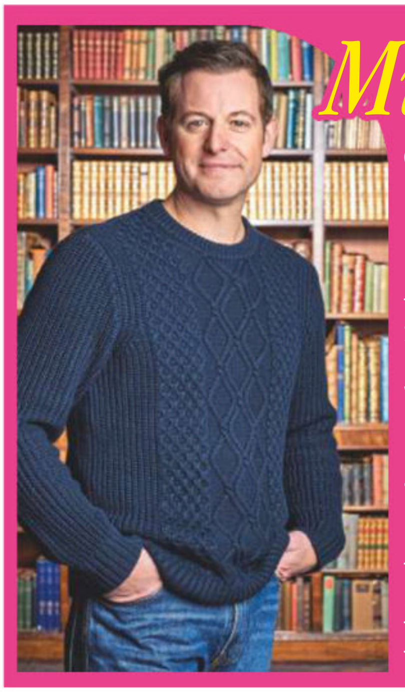
Neighbours, Tuesday 18 March, Prime Video

To mark the 40th anniversary of the iconic Aussie soap, this week has four special episodes to honour the occasion, with the main celebration being shown on Tuesday. Expect to see Ramsay Street legends from the past pop up in the storylines, as the show marks the end of an era, following the recent news it will be coming to an end. There's drama for Harold Bishop (Ian Smith) when he sees a woman bearing a striking resemblance to his Madge at a retirement complex and Karl and Susan Kennedy see a long-lost relative return, too.

By Cecile Metcalf, Amy Rowland and Amber Connolly

TV timings are subject to change

Mucking in



Our Dream Farm With Matt Baker, Saturday 15 March, Channel 4

In the second series of this show, the nicest man on the box, Matt Baker, returns to help The National Trust search for a new tenant for a 600-acre farm in Snowdonia. The shortlisted applicants are put through their paces in this docuseries, where they must prove they've got what it takes to muck in, in order to win the life-changing prize. 'It's an incredible farm and I hope viewers will indulge in the breathtaking landscapes and enjoy learning about Welsh hill farming traditions, culture and techniques,' says Matt. 'This will shed light on the tenant farming world and the challenges our farming communities face.'

GREAT EX-SKATE-TATIONS!

Comic Relief, Friday 21 March, BBC1

Join Jo Brand, Dani Dyer and a whole host of celebrities donning their red noses to raise funds for this year's 40th *Comic Relief*. There'll be a big push for donations during the show, which is set to be a celebration through the decades of its time on our screens. Gethin Jones and Helen Skelton will roller-skate their way through the day and night, pushing their muscles, stamina and determination to their limits, while trying to stay awake while on skates. 'I've never roller-skated before so I'm nervous about my ability to stand up on skates, let alone move around on them,' says Gethin. 'But I'll give it all I've got and do everything I can to train and get ready because I'm determined to raise as much money as possible.'

CHUCKLE VISION

Last One Laughing UK, Thursday 20 March, Prime Video

What happens when you get 10 of the country's funniest comedians together in a room for six hours with one simple rule – don't laugh otherwise you're out? In a game of gag and mouse they'll be doing their best to make the others LOL while not cracking up themselves as Jimmy Carr, helped by Roisin Conaty, keep a close eye on proceedings. Laugh once and it's a caution, while a second chuckle sees them eliminated. 'We've turned resting bitchface into a TV format,' says Jimmy. 'Roisin and I were so excited by the gameplay and couldn't believe some of the tactics.'

NEW THIS WEEK

FILM

Black Bag

This star-studded spy drama tells the story of legendary agents George Woodhouse and his beloved wife Kathryn. Although they may appear to be a power couple like no other, it's soon revealed that Kathryn is suspected of betraying the nation. As a result, George must face the ultimate test – will he choose loyalty to his marriage or his country?

PODCAST

David Tennant Does a Podcast With...

DAVID TENNANT
DOES A PODCAST WITH...

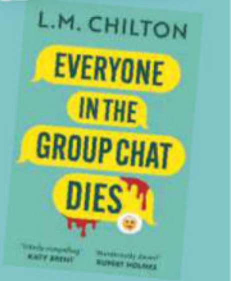
After a four-year hiatus, the much-loved actor is back to chat with the biggest names in the entertainment world. First up is Ben Schwartz, known for his iconic role in *Parks And Recreation* and his improvised comedy specials. With previous guests including the likes of Olivia Colman and Michael Sheen, there's plenty more to come. Available on Spotify now.

Everyone in the Group Chat Dies

BOOK

by L.M.Chilton (Head of Zeus)

Kirby Cornell desperately needs a break from her crumbling flat, her dead-end job and her slobbish housemates – and, most of all, the terrible thing they all did... But then a new message on their old group chat pops up saying, *Everyone in the group chat will die.* It's the first text her ex-flatmate Esme has sent for ages – but the really weird thing is, Esme died 12 months ago... A brilliantly dark but funny read.



BOOK

The Famous

by Rachel Lynch (Canelo)

THE FAMOUS
RACHEL LYNCH

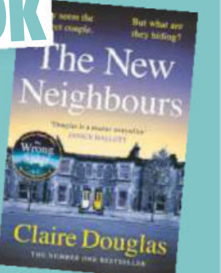
In the glittering world of morning TV, no one is as famous as Gloria White. But now things have taken a precarious turn. Roger Wade, the owner of the TV station, has died, leaving his empire in the hands of son Oliver, who just happens to be Gloria's ex-husband. If having her ex in the hot seat wasn't destabilising enough, Gloria has also begun receiving strange letters. It seems someone out there knows what they all did to claw their way to the top, and they are about to take their revenge... A fast-paced thriller.

The New Neighbours

BOOK

by Claire Douglas (Penguin)

When Lena overhears a conversation between her next-door-neighbours she thinks she must have misheard. After all, the Morgans are a kind, retired couple who have moved to a suburban street in Bristol where nothing ever happens. But it sounded like they were planning a crime and what if she can prevent it? And what if, in doing so, it might help ease her conscience about her own dark past? Gripping.



‘Madame Bla a special part

With Steve Edge and the main cast

Sally Lindsay returns as antiques dealer Jean White in series four – solving more murders in the South of France

As the creator, co-writer, executive producer and leading star of cosy crime drama *The Madame Blanc Mysteries*, it’s safe to say it is a project very close to Sally Lindsay’s heart.

The 51 year old, who previously starred in *Coronation Street*, is returning to play super sleuth Jean White in the fourth series of the murder mystery and, when we see Jean and her partner-in-crime Dom (Steve Edge) again, there’s romance in the air on the coast of Sainte Victoire.

Here, Sally tells us all about her inspiration for the popular show, her favourite episode and why it really is a dream job come true…

Are you inspired by any particular crime fiction or writers?

Oh, I love every kind. *Murder She Wrote* is genius, *Columbo* is also genius as is *Jonathan Creek* and I love *Death In Paradise* – that’s brilliant. It’s funny, because someone said to me after the first series of this that *Death In Paradise* is very similar. I was a bit worried that they might think I nicked the idea! So I went back to watch it and initially I thought, *Jesus, I’ve written Death In Paradise!* But although they seem very similar, they are different with the police procedural, and they don’t have any antiques! There are themes that match but that’s like all murder mysteries, there are traits that are the same. I love them and I’m inspired by them all.

‘I can’t believe it exists’

Why do you think *Madame Blanc* has remained so popular?

It’s amazing and I still can’t get

nc is such of my life'

She plays super sleuth Jean

It's filmed in the sunny South of France

over it myself! I think it's because it is written with a lot of heart, because I do love it a lot. You know, it is one of the loves of my life, *Madame Blanc*, and I love every single person in it, which sounds a bit rich given they are all mostly dear friends of mine. Obviously, I co-write this with one of those friends (Sue Vincent). My husband (the musician Steve White) does the music. They're all proper mates and I think you can see that come across on screen. It's quite a bespoke thing. It's not like anything else, because it can't be – it's not made by a committee. I love all the other crime shows and like them, when you get the recipe right, it just works and that's the secret formula. It might feel similar, but that is the genre. You feel you've seen it before, but you haven't, not that particular story. It's escapism and when you create a world that people want to spend an hour of their time in, you're on to a winner.

Did you have any standout moments from filming?

Sometimes when I'm filming *Madame Blanc*, I'll just stand there and think, *I can't believe this is happening. I can't believe it exists.* It's so special. I do like filming at the chateau, because it's so magical there. I loved doing episode three and writing for the character John Marsden (played by stand-up comic Stephen Bailey), because he's just hilarious. I love it when new guest stars come in, and that's always great because I get to see what they do with the character, which is really exciting. I own it and write it but you never know what will stand out until filming. This time, episode five is a favourite, because it's a TV programme inside of a TV programme, and we had Les Dennis as David, Richard Blackwood as Nick, Ed MacLiam as Paul and Graeme Hawley as Nigel, plus all us lot, the whole of the cast. I remember thinking, *Look at all this talent here and they are all saying my lines!* It was like an out-of-body experience and then to see them doing it all so well. I'm never not grateful and I never take it for granted. I love it all – apart from the early morning starts on set!

> 'I'm never not grateful'

Solving another crime

How long could the series keep running for?

I'll write it for as long as I can. I'm not going to quit just because we're ahead. I love it so much that I will do it until they want me to not do it, to be honest. It's such a special thing in my life. Not just mine, but for all of my family as it has become something we share. Our boys (Sally and Steve have twin sons) come out on holidays to visit us when we film there. It's just brilliant and I'll drag it out for as long as they want me to!

● *The Madame Blanc Mysteries, Series Four, Thursday 20 March, Channel 5*

By Cecile Metcalf. **Pictures** C5, Viacom

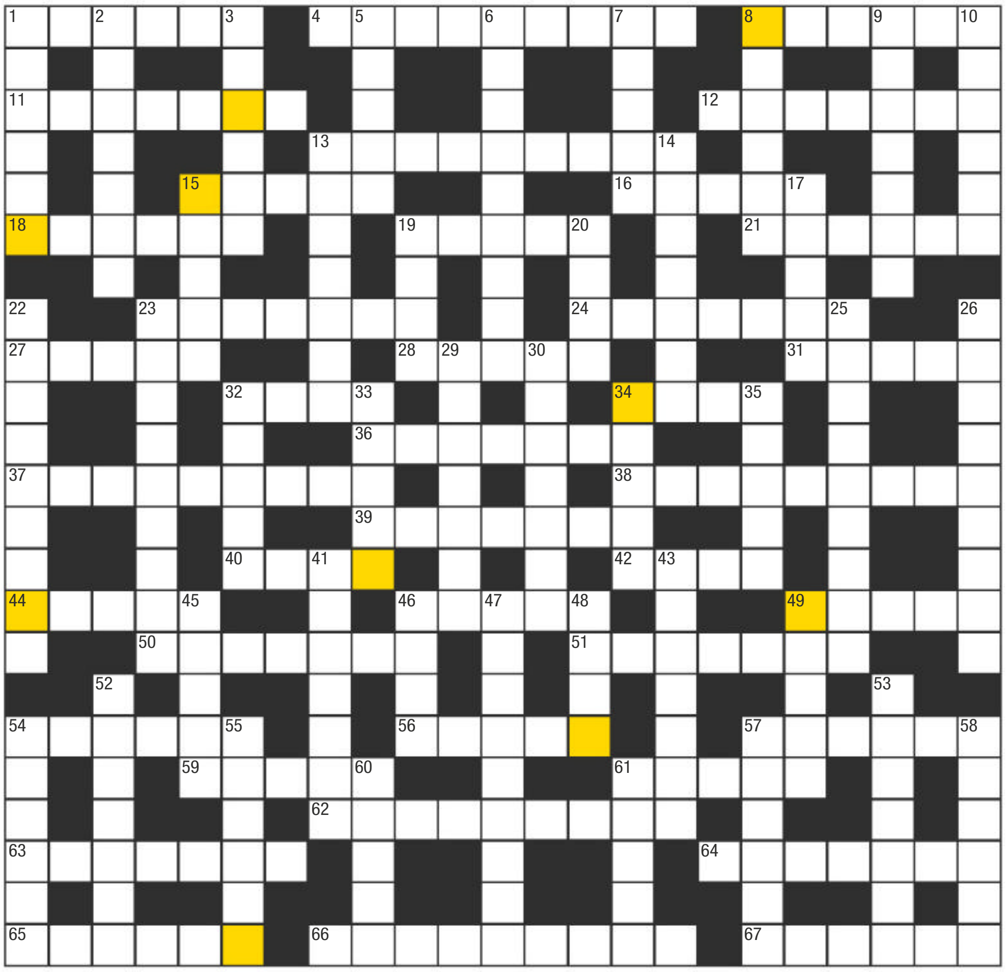
Puzzles

YOU could be in with a chance of winning £200

PRIZE crossword

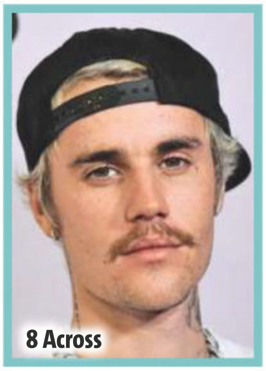
WIN £200

Solve the crossword to find, reading from top to bottom in the shaded squares, the name of a Scottish actor. This is your competition entry answer. See the 'How to enter' panel, below right.



Across

1 Frightened (6)
4 Rolled-tortilla dish (9)
8 - - - Bieber, Canadian pop star, pictured below (6)
11 Withdrawal of troops (7)
12 Poet whose works include *The Waste Land* (1,1,5)
13 Beetle-like scavenger (9)
15 Group of witches (5)
16 Eagle's home (5)
18 Baby cat (6)
19 Church instrument (5)
21 Breathe out (6)
23 Weather conditions (7)

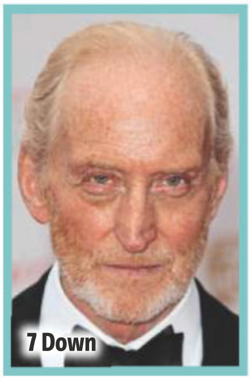


8 Across

24 Resin used in making varnish (7)
27 Word of greeting (5)
28 Sunday dinner? (5)
31 South Pacific country also known as the Friendly Islands, anagram of GO TAN (5)
32 Indian dress (4)
34 Fasting period before Easter (4)
36 Strained facial expression (7)
37 Fungus pixies like to sit on! (9)
38 Type of peach (9)
39 Speech (7)
40 Emperor said to have fiddled while Rome burned (4)
42 Harness for oxen (4)
44 - - - Rooney, football pundit hubby of Coleen (5)
46 Oscar-winning film with Holly Hunter, *The - - -* (5)
49 Pool athlete such as Tom Daley (5)
50 Synth-pop duo whose hits include *A Little Respect* (7)
51 Old sailing ship (7)
54 Afternoon nap – in Spain? (6)
56 Recurrent theme or motif (5)
57 Late actor who's father to Kiefer, - - - Sutherland (6)
59 Pertaining to sheep (5)
61 *Hot Fuzz* and *Baby Driver* director, - - - Wright (5)
62 Artificial language (9)
63 Piece of writing in a magazine or newspaper (7)
64 Self-centred person (7)
65 Millie Bobby Brown's *Stranger Things* character (6)
66 Hypocritical fawning clerk in Dickens's *David Copperfield* (5,4)
67 Radioactive element with the symbol Ra (6)

Down

1 Rick Moranis film, *Honey, I - - - the Kids* (6)
2 Entertainer (7)
3 Mythical fire breather – like Peter Jones? (6)
5 Synthetic fabric (5)
6 Natalie - - -, *Torn* vocalist who won *The Masked Singer UK* (9)
7 Charles - - -, star of *The Day Of The Jackal*, pictured right (5)
8 - - - J, *Price Tag* singer (6)
9 Board game, - - - Pursuit (7)
10 Stinging plant (6)
13 Mythical half-man half-horse (7)
14 Cleanliness (7)
15 Stringed instrument (5)
17 Person who no longer lives in their native country (5)
19 Finished, done (4)
20 - - - egg, savings (4)
22 Deserted urban area (5,4)
23 On - - -, extremely happy (5,4)
25 *Who Killed - - -?*, children's rhyme (4,5)
26 Woodworking (9)
29 Japanese art of paper folding (7)
30 Railway stop (7)
32 Lustrous fabric (5)
33 Ice house (5)
34 Comedian and actor, - - - Henry (5)
35 Name (5)
41 Usual schedule (7)
43 - - - Bloom, Legolas in the *LOTR* films (7)
45 Muse of lyrical verse (5)
46 Nuisance (4)
47 Celebrity's signature (9)
48 Fairy-tale monster (4)
49 Person giving to charity (5)
52 Keen enthusiast, anagram of TOED EVE (7)
53 Gin and vermouth cocktail (7)
54 Bond movie with Daniel Craig, *Quantum Of - - -* (6)
55 Isle in Arthurian legend (6)
57 Macbeth's weapon? (6)
58 Authoritative pronouncement (6)
60 Organic compound in perfumes, anagram of RESET (5)
61 Musical study piece (5)



7 Down

COMPETITION AND GIVEAWAY RULES Competitions open to residents of the UK (including Channel Islands and the Isle of Man), Eire or BFPOs, aged 18 or over, except Bauer Media employees, its affiliated companies, any promotional partners, or their families and anyone connected with the competitions. Enter by text, online or phone. No purchase necessary. Answers must be the product of own work. Unless expressly stated, travel expenses and spending money is not included. There is no cash alternative to prizes and no alternative holidays can be offered. Prizes are not transferable. No responsibility can be accepted for entries that are delayed, damaged, mislaid or wrongly delivered, or for any loss in service of the online entry mechanism or for entries lost, delayed or corrupted due to computer error in transit. Only one entry per person. A winning entry is the first correct answer drawn after the closing date. For a free entry, enter online at bellamagazine.co.uk. Prizewinners will be notified by post on headed paper or by official email. The results are published. Winners must agree to the publication of their names, age and photos. The Editor's decision is final and no correspondence can be entered into. Your information will only be used to administer promotions in accordance with our privacy policy. Entry implies acceptance of these rules. Promoter: H Bauer Publishing. Full T&Cs can be found at bauerlegal.co.uk/competition-terms.html

Crossword Neil Locker. **Pictures** Shutterstock

Sudoku

Fill in the blank squares with the numbers 1 to 9 so that each row, each column and each smaller 3x3 block contains all the numbers from 1 to 9.

EASY

5			2			1		3
		1		9	8			
7							6	
	9		5		2			4
	5						8	
8			1		7		9	
	1							7
			8	7		3		
3		4			9			5

HARD

	7						5	
		4	6		8	7		
		1		7		4		
1	5						4	8
			7		3			
9	3						6	7
		5		1		6		
		6	9		2	5		
	4						9	

***Take A Break Su-doku* magazine, containing over 80 fun-to-solve puzzles, is on sale now.**

PRIZE Arrowword

WIN £200

Solve the clues, writing your answers in the directions shown by the arrows, to reveal, reading down the shaded squares, three-time Oscar-winning actress Meryl Streep's middle name. This is your competition entry answer. See the 'How to enter' panel below.

Spiritual leader, Dalai ---	▼	Tune	And the rest (2,2)	▼	Hunters	Capital of Sri Lanka	▼	Jesse from *Breaking Bad* (5,4)	Winona ---, US actress	Meryl Streep				
Barbie star, --- Ferrera	▶	▼	▼			▼		Glowing, giving off light	▼					
Allot (justice)	▶				Paris airport	▶		▼						
▶					Noisy	▶								
Cold leafy dish	'Hi' in Portuguese	▶			(Occurring) a single time	▶								
Authorisation (3-2)	Reps		Lose your ---, get angry	▶										
▶	▼				Prohibit	▶			Go off – like a volcano!	Dressing gown	Awake and out of bed	▼	Tall and awkward	▼
Degrade		Former US president, --- Obama	Mimicked		External	▶			▼	▼	Bought and sold		Brilliant success	
▶		▼	▼			Dummy pill		Putrid	▶		▼		▼	
Sleep	▶			Mayday? (1,1,1)	Makes a journey	▼	Stanley ---, director	▶						
Table support	▶			▼	▼			Teeth, --- whites	▶					
▶							Basil and thyme, eg	Cropped up		Police officer's weapon		Hard, firm		Roof tile
Barefoot dancer, --- Duncan	Pop singer, --- Murs		*Borat* star, --- Baron Cohen	▶			▼	▼	Exams	▶ ▼		▼		▼
▶	▼		*Corrie* icon, --- Sharples	Swerve (off course)	▶				Fuss	▶			Plaything	
Stir-fry pan		Raised ---, surprised	▶ ▼								UK tennis body (1,1,1)	▶	▼	
▶				Throws	▶				*Adam Bede* author, George ---	▶				
Flair		Tummy muscles?	▶			Scorch	▶				Colorant	▶		

SOLUTIONS

Sudoku solutions can be found online now at bellamagazine.co.uk

ISSUE 8
PRIZE ANSWERS
Crossword
Rooney Mara
Arrowword
Nose

Full solutions to this week's prize puzzles can be found at bellamagazine.co.uk after the closing date: 24 March 2025

HOW TO ENTER THE PRIZE COMPETITIONS

BY PHONE: 0901 130 0237

When asked for the issue number, key in 10. Calls cost 50p per call, plus your network access charge. (UK readers only.) You must be 18 or over and have the bill payer's permission.

BY TEXT: 65115

Text BEL10 then a space followed by your name, house number or name, your postcode, then your answer(s), all separated by a space, to 65115, eg Jane Smith 10 SL5 9JN Answer(s). Texts cost 50p plus your standard network rate. Keep texts under 160 characters or you may be charged for more than one text.

- If you enter after the closing date, you will not be entered but may be charged. Not available in Eire. Please ensure your entry is completed correctly, as incorrect entries may be charged but not entered. This is not a subscription service.
- **You are automatically consenting to receive further communications about these competitions from us via SMS text. You can opt out of this at any time by texting STOP to 65115.** This will be charged at your standard network rate, but you will need to do this each time you enter the competition by text. Your personal data will (regardless of whether you opt out) always be used to process your entry. For further information, see general terms and privacy policy at Bauerdatapromise.co.uk.
- Lines close at 11.59pm on 24 March 2025.

Phone UK SP: Spoke (0333 202 3390). Text SP: Bauer Media. Email smshelp@bauermedia.co.uk or call 0330 159 2525.

OR ENTER ONLINE:
Bellamagazine.co.uk

Continued over the page...

Puzzles contin

BITS & PIECES

We've taken a completed crossword puzzle and cut it up to give 24 pieces. Your task is to rebuild the puzzle with the help of the piece that we've already placed in the grid.

W	A	L									
O	■	I									
R	E	M									

R	O	D
■	U	■
U	S	■

E	C	T
■	■	C
O	T	H

I	O	N
N	■	G
D	L	E

U	C	T
N	■	■
D	A	W

S	■	B
E	R	O
■	U	■

O	I	N
■	V	■
D	E	A

N	D	P
N	■	L
E	■	I

A	■	I
G	A	S
E	■	T

R	■	U
■	A	M
F	■	■

I	N	T
F	■	I
F	O	C

~~W~~	~~A~~	~~L~~
~~O~~	■	~~I~~
~~R~~	~~E~~	~~M~~

N	U	T
■	■	R
I	N	I

■	■	P
D	E	■
I	■	S

R	A	T
■	M	■
A	B	L

C	■	A
H	O	D
■	■	■

■	R	■
M	E	T
■	T	■

S	T	A
A	■	■
V	I	L

E	■	S
T	■	Y
E	C	L

■	S	C
■	E	■
S	C	E

T	■	S
I	N	K
L	■	E

■	I	■
N	T	Y
■	I	■

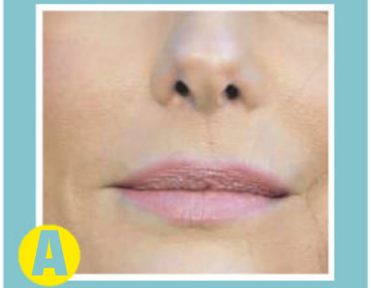
R	U	B
A	■	R
N	C	E

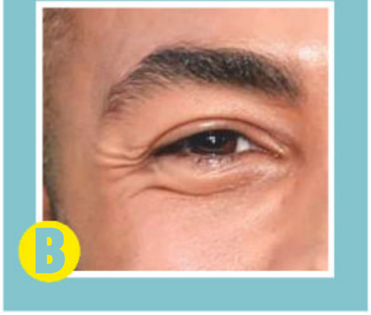
■	O	■
B	E	R
L	■	A

■	■	■
S	H	A
T	■	T

GUESS THE CELEB

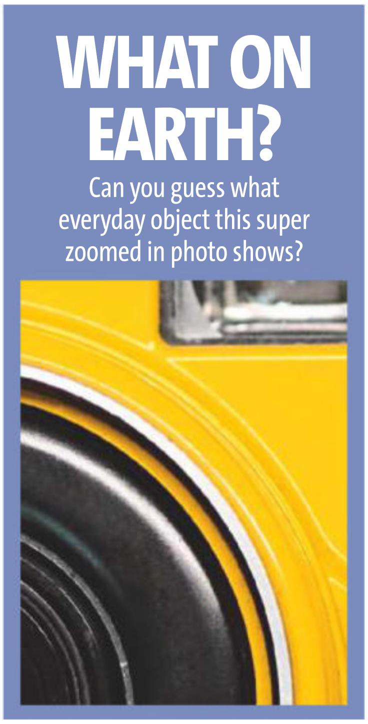
Can you name these stars by seeing close ups of their famous faces?





WHAT ON EARTH?

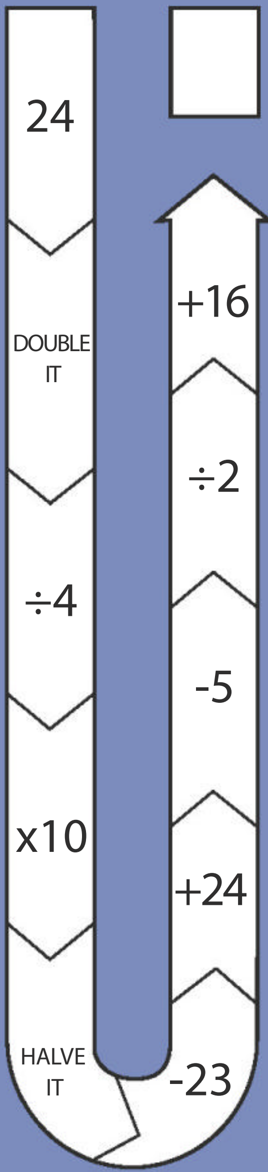
Can you guess what everyday object this super zoomed in photo shows?



ued...

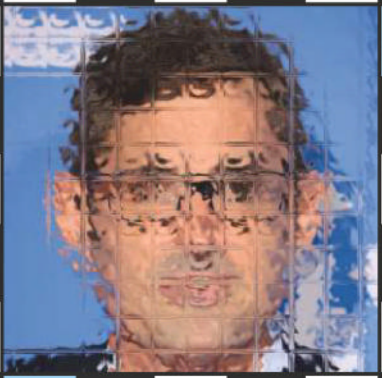
ROUND SUM

Work out the solution to the sum by following the instructions contained within the arrow.



CODEBREAKER

When you've solved this codebreaker, the identity of our disguised celebrity will be revealed in the shaded squares. Then, the same code will help you complete the lower grid and read a mystery fact about them.



■	1	■	14	■	19	2	12	■	18	■	14	■	25	■
17	12	7	24	12	23	■	13	2	7	19	24	21	8	15
■	9	■	16	■	12	■	2	■	20	■	21	■	1	■
4	21	15	■	23	12	3	21	8	12	22	■	26	21	6
■	6	■	7	■	5	■	5	■	22	■	10	■	8	■
10	16	23	23	26						14	21	11	12	22
2	■	■	6	■						■	8	■	■	12
14	26	25	18	8						13	2	12	14	6
21	■	■	25	■						■	6	■	■	12
19	25	17	23	7						3	12	9	12	23
■	23	■	24	■	25	■	3	■	7	■	14	■	20	■
4	21	17	■	4	25	16	1	12	14	14	■	14	2	10
■	12	■	14 S	■	11	■	25	■	21	■	7	■	22	■
12	8	15	21 I	8	12	12	23	■	22	2	14	6	12	23
■	6	■	20 X	■	22	■	7	20	12	■	26	■	22	■

ABCDEFGH~~I~~J
KLMNOPQR~~S~~
TUVW~~X~~YZ

1	2	3	4	5	6	7	8	9	10	11	12	13
14	**15**	**16**	**17**	**18**	**19**	**20**	**21**	**22**	**23**	**24**	**25**	**26**
S						X	I					

25	8	19	12	■	6	23	7	9	12	1	1	12	22	■	7	19	23	25	14	14
				■										■						

7	10	12	23	21	19	7	■	18	21	6	26	■	8	21	19	24	■	19	1	12	15	15
							■					■					■					

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Continued over the page...

Puzzles contin

BATTLE ROYAL

Take on the Tudors in this search all about the historic dynasty.

Q	J	A	D	D	G	N	I	T	I	A	W	N	I	Y	D	A	L	G
F	W	P	N	M	L	Y	N	R	K	C	Z	U	R	R	E	O	T	T
E	R	A	E	P	S	E	K	A	H	S	E	G	A	I	R	R	A	M
A	T	X	Y	H	M	L	I	R	R	S	N	W	E	D	C	B	V	S
A	T	R	N	L	L	O	E	F	O	T	D	D	P	U	M	A	A	R
T	N	E	U	P	L	B	I	M	H	E	H	R	O	O	T	T	T	Y
L	I	N	N	O	E	E	O	E	H	T	O	U	C	H	S	T	E	B
D	N	I	E	L	C	N	R	A	M	T	R	T	R	Y	L	L	S	C
A	R	G	L	O	A	N	U	B	E	C	R	O	W	N	D	E	S	S
B	U	I	I	R	F	A	O	C	F	R	N	E	W	U	A	I	P	N
A	O	E	C	C	C	C	T	T	N	E	E	S	D	S	T	O	L	P
N	M	H	R	E	O	O	L	H	P	E	A	T	L	O	O	R	M	A
Q	Y	H	E	N	R	Y	E	E	T	M	R	P	H	R	D	B	K	P
U	E	E	T	S	O	C	U	G	V	E	A	D	T	G	R	E	I	A
E	S	A	I	V	N	T	L	N	B	E	B	H	L	P	U	O	N	L
T	E	R	S	A	A	A	H	O	D	C	S	A	E	I	I	A	G	B
B	N	P	R	A	T	N	R	I	E	K	R	M	Z	L	H	Y	D	U
N	A	F	N	O	I	T	A	M	R	O	F	E	R	I	W	C	O	L
I	J	E	S	U	O	H	D	L	E	I	F	T	A	H	L	O	M	L
Z	R	Z	P	E	N	I	Q	E	H	T	A	Q	S	P	U	E	T	O

ANNE BOLEYN
ANNE OF CLEVES
ANNULMENT
ARTHUR
BANQUET
BATTLE
BOSWORTH FIELD
CHILDREN
COMBAT
CORONATION
CROWN
DAUGHTER
EDWARD
ELIZABETH
FRANCE
HAMPTON COURT
HATFIELD HOUSE
HENRY
JANE SEYMOUR
KINGDOM
LADY-IN-WAITING
LORD PROTECTOR
MARRIAGE
MONARCH
PAPAL BULL
PHILIP
PLOTS
REBELLION
REFORMATION
ROBERT DUDLEY
SHAKESPEARE
THRONE
TROOPS

ued...

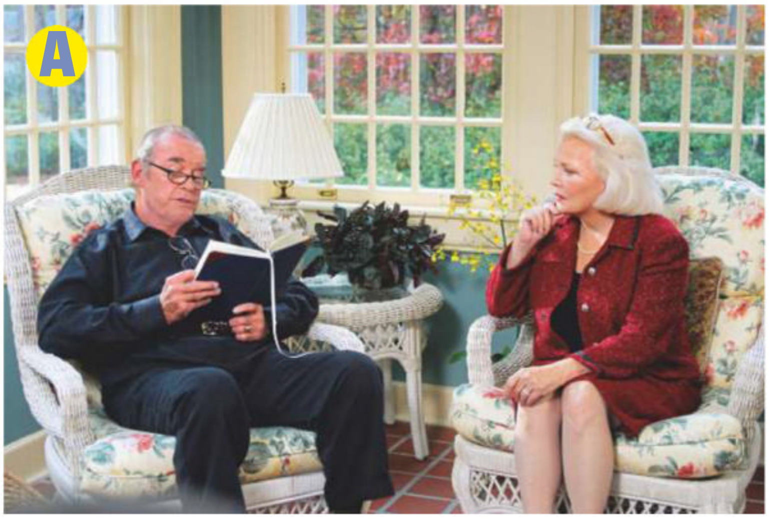
KILLER SUDOKU

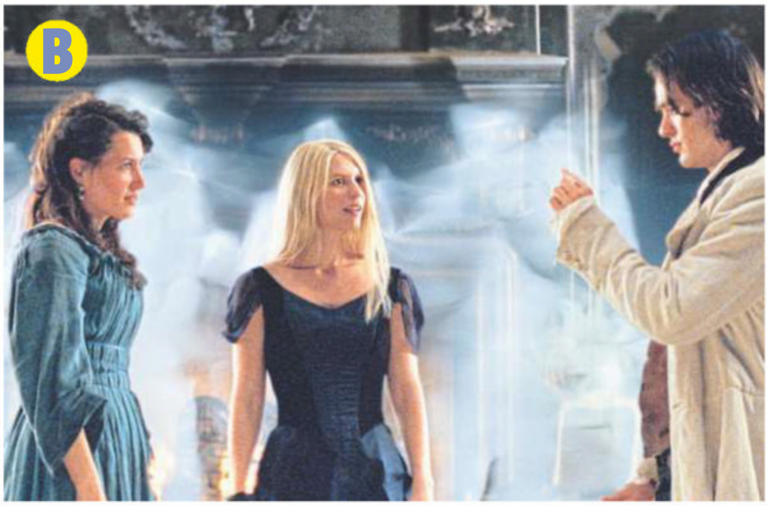
Killer Sudoku is based on the traditional sudoku grid and every column, every row and every 3x3 box must contain the digits 1 to 9. But there's a twist – the dotted squares must be filled with numbers that add up to that in the left corner.

8		17		9	4	3	11	1
7		13			4	17		7
12	6		15				6	
	15	7	5	12	14	6	8	
		5					10	17
13			13	4	10			
11	8	9			7	15		
			14		14		4	
8	3	6		7		16		4

GUESS THE MOVIE

Can you name these famous films from looking at just one scene?





Pictures Shutterstock

THIS WEEK'S SOLUTIONS

BITS & PIECES

W	A	L	N	U	T		S	C	R	U	B
O		I			R		E		A		R
R	E	M	I	N	I	S	C	E	N	C	E
S		B			P		R		C		A
E	R	O	D	E		M	E	T	H	O	D
	U		I		S		T				
S	T	A	N	D	P	O	I	N	T		S
A			N		L		V		I	N	K
V	I	L	E		I	D	E	A	L		E
A		I	R	A	T	E		S	E	C	T
G	A	S		M		T		Y			C
E		T	A	B	L	E	C	L	O	T	H
				I		R		U		O	
S	H	A	N	T	Y		A	M	B	E	R
T		T		I		F			L		A
I	N	T	R	O	D	U	C	T	I	O	N
F		I		U		N			N		G
F	O	C	U	S		D	A	W	D	L	E

GUESS THE CELEB

A Sandra Bullock

B Tyler West

WHAT ON EARTH?

Camera

ROUND SUM

44

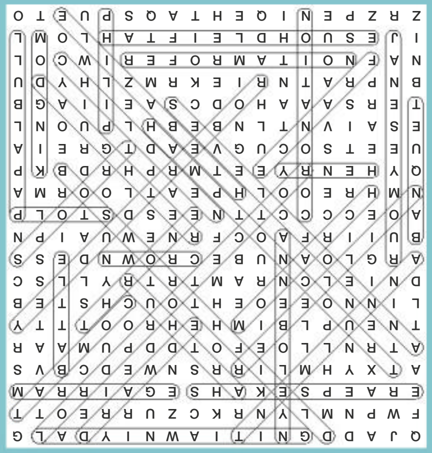
CODEBREAKER

1	2	3	4	5	6	7	8	9	10	11	12	13
L	U	F	J	P	T	A	N	V	M	Z	E	Q
14	15	16	17	18	19	20	21	22	23	24	25	26
S	G	Y	B	W	C	X	I	D	R	K	O	H

	L		S		C	U	E		W		S		O	
B	E	A	K	E	R		Q	U	A	C	K	I	N	G
	V		Y		E		U		X		I		L	
J	I	G		R	E	F	I	N	E	D		H	I	T
	T		A		P		P		D		M		N	
M	Y	R	R	H						S	I	Z	E	D
U			T								N			E
S	H	O	W	N						Q	U	E	S	T
I			O								T			E
C	O	B	R	A						F	E	V	E	R
	R		K		O		F		A		S		X	
J	I	B		J	O	Y	L	E	S	S		S	U	M
	E		S		Z		O		I		A		D	
E	N	G	I	N	E	E	R		D	U	S	T	E	R
	T		X		D		A	X	E		H		D	

Celebrity Louis Theroux **Fact** Once travelled across America with Nick Clegg.

WORDSEARCH



Q	J	A	D	D	G	N	I	T	I	A	W	N	I	Y	D	A	L	G
F	W	P	N	M	L	Y	N	R	K	C	Z	U	R	R	E	O	T	T
E	R	A	E	P	S	E	K	A	H	S	E	G	A	I	R	R	A	M
A	T	X	Y	H	M	L	I	R	R	S	N	W	E	D	C	B	V	S
A	T	R	N	L	L	O	E	F	O	T	D	D	P	U	M	A	A	R
T	N	E	U	P	L	B	I	M	H	E	H	R	O	O	T	T	T	Y
L	I	N	N	O	E	E	O	E	H	T	O	U	C	H	S	T	E	B
D	N	I	E	L	C	N	R	A	M	T	R	T	R	Y	L	L	S	C
A	R	G	L	O	A	N	U	B	E	C	R	O	W	N	D	E	S	S
B	U	I	I	R	F	A	O	C	F	R	N	E	W	U	A	I	P	N
A	O	E	C	C	C	C	T	T	N	E	E	S	D	S	T	O	L	P
N	M	H	R	E	O	O	L	H	P	E	A	T	L	O	O	R	M	A
Q	Y	H	E	N	R	Y	E	E	T	M	R	P	H	R	D	B	K	P
U	E	E	T	S	O	C	U	G	V	E	A	D	T	G	R	E	I	A
E	S	A	I	V	N	T	L	N	B	E	B	H	L	P	U	O	N	L
T	E	R	S	A	A	A	H	O	D	C	S	A	E	I	I	A	G	B
B	N	P	R	A	T	N	R	I	E	K	R	M	Z	L	H	Y	D	U
N	A	F	N	O	I	T	A	M	R	O	F	E	R	I	W	C	O	L
I	J	E	S	U	O	H	D	L	E	I	F	T	A	H	L	O	M	L
Z	R	Z	P	E	N	I	Q	E	H	T	A	Q	S	P	U	E	T	O

KILLER SUDOKU

6	2	9	8	7	4	3	5	1
3	4	8	5	2	1	9	6	7
7	5	1	9	6	3	8	4	2
4	9	7	3	8	5	1	2	6
1	6	3	2	4	9	5	7	8
5	8	2	7	1	6	4	3	9
9	1	4	6	3	7	2	8	5
2	7	5	4	9	8	6	1	3
8	3	6	1	5	2	7	9	4

GUESS THE MOVIE

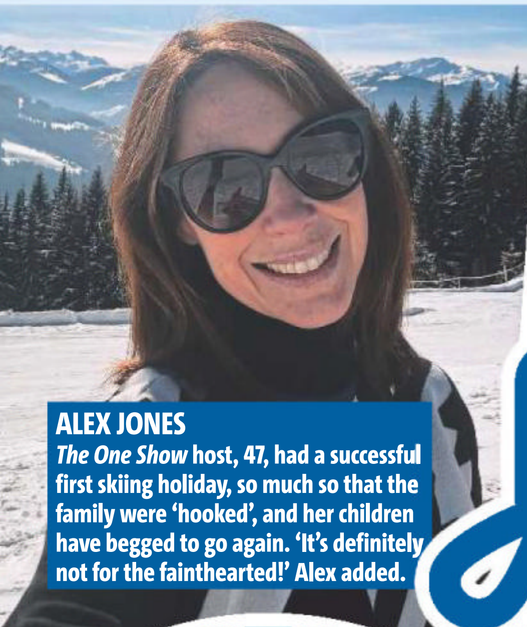
A The Notebook

B Stardust

*NB for Prize Puzzles information, see page 53

SKI YOU LATER

These stars have been enjoying the slopes



ALEX JONES

The One Show host, 47, had a successful first skiing holiday, so much so that the family were 'hooked', and her children have begged to go again. 'It's definitely not for the fainthearted!' Alex added.

VOGUE WILLIAMS

The slopes hold a special place in Vogue's heart as it's where she met husband Spencer eight years ago. On their most recent ski trip, Vogue, 39, wrote, 'I hope we ski together until we're 80!'

PARIS HILTON

We could think of worse ways to spend a 44th birthday than at a swanky private ski resort, and that's exactly what socialite Paris did last month. 'Best way to celebrate my birthday,' she gushed.

HOLLY WILLOUGHBY

Her holiday destination of choice is usually the Algarve, but presenter Holly, 44, is also partial to chillier climes, as she recently showed off her skills on the slopes (which were rewarded with an Aperol Spritz).

KENDALL JENNER

Model Kendall, 29, has kicked off her 2025 by spending time in the great (cold) outdoors with sister Kylie and Hailey Bieber. Nailing winter chic, Kendall shared pics of her adventures with her 289m followers.

JENNIFER LOPEZ

Over the Christmas period, J.Lo, 55, travelled to a ski resort in Aspen, Colorado, with her nearest and dearest to embrace all the winter sport has to offer. Naturally, she oozed style while doing so.

STACEY SOLOMON AND JOE SWASH

Half term saw the mum-of-five, 35, and her husband Joe take their children to Switzerland for a magical experience on the slopes.

By Millie Payne **Pictures** Instagram

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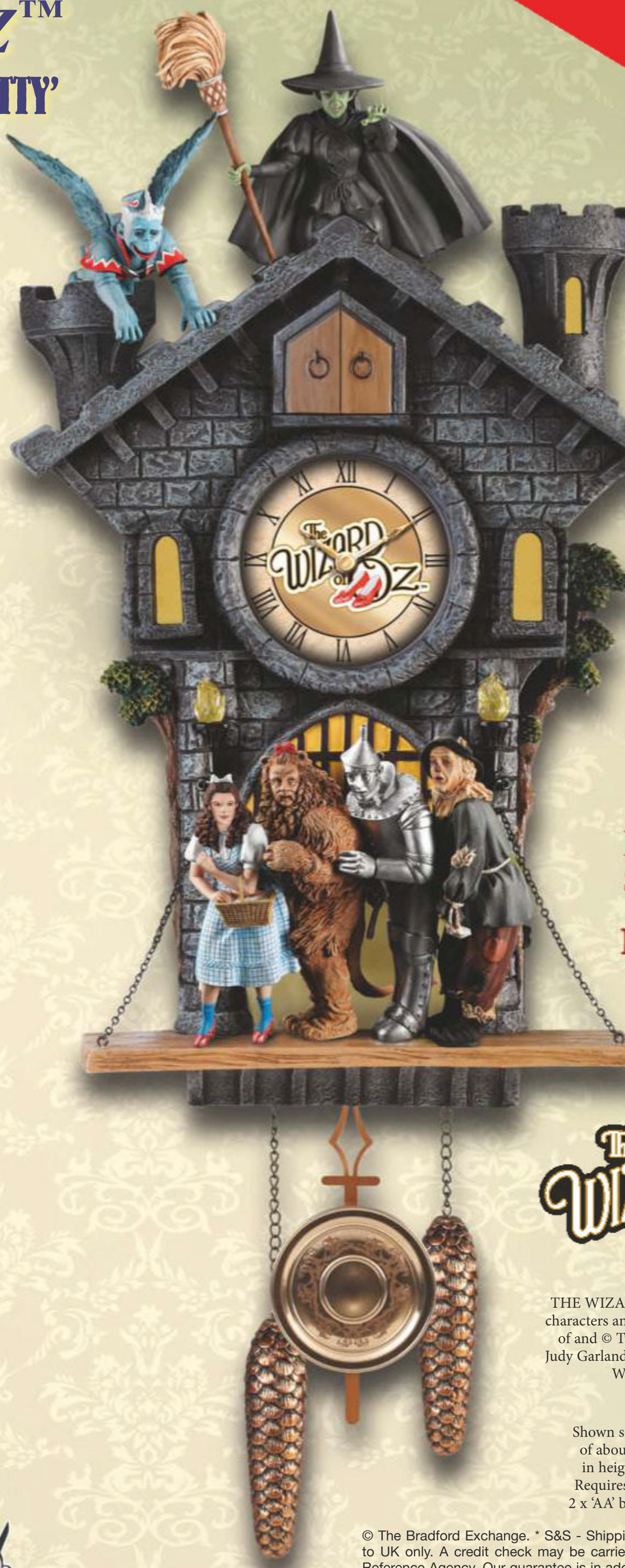

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